



Resource Guide for Older Adults





HOME CARE WITHOUT COMPROMISE



Sterling Care

VISITING NURSES,
REHABILITATION THERAPISTS,
COMPANIONS & HOMEMAKERS



203.532.0500

235 GLENVILLE RD., 3rd floor
GREENWICH, CT 06831

www.sterlingcare.com



TOWN OF GREENWICH COMMISSION ON AGING

Lori Contadino, M.S.
Director

March 2018

The Greenwich Commission on Aging's newly revised Resource Guide is designed to provide older adults, people with disabilities, families, caregivers and the general public access to up-to-date information about services that are available in both the Town of Greenwich and the surrounding area. Our goal is to empower individuals to make informed choices and to streamline access to appropriate services and supports. This guide is updated annually to showcase relevant and current information for older adults and individuals who face diverse challenges, interests and needs.

The listings in this guide are for informational purposes only and do not constitute an endorsement by the Greenwich Commission on Aging. No investigations have been conducted of the qualifications or quality of the services or programs listed, and content may be subject to change at any time. Every effort has been made to insure the accuracy of all information.

I would like to extend my thanks to our sponsors for their generosity and support of the Commission on Aging. We are fortunate to have an abundance of individuals, agencies and Town Departments committed to helping individuals in our community live with dignity and security and to achieve maximum independence and quality of life.

If you cannot locate the information you need, or if you have questions about a service please call the Greenwich Commission on Aging for assistance at 203-862-6710.

The Resource Guide is also available online by going to the Town of Greenwich's website at www.greenwichct.org.

Warmly,

Lori Contadino, MS
lori.contadino@greenwichct.org



The Commission on Aging is the designated overall planning department for older persons in Greenwich, and has been an official department of Town government since 1975.

MISSION:

The mission of the Commission on Aging is to improve the quality of life for older Greenwich residents through planning, coordination, advocacy, education and Senior Center programming.

VISION:

As people grow older in Greenwich, they will be able to remain in Town with as much independence as possible. This can be achieved with the support of Town agencies and community organizations. Older adults, and those that support them, will fully participate as partners in this process.

The Commission on Aging will conduct the following activities:

- Manage the Greenwich Senior Center;
- Advocate on behalf of older adult residents, as a class, in the Town of Greenwich;
- Identify unmet needs of older adults, conduct research and collect data;
- Provide information to the community on the needs of older adults, serve as a clearing house for disseminating information, and provide public education on issues affecting their caregivers;
- Facilitate information on and referral to programs, services, and benefits;
- Convene meetings and serve as a forum for issues concerning older adults, as a class;
- Provide information on funding sources for programs and encourage funding partnerships;
- Act as an independent arbiter on problems or complaints affecting older adults;
- Establish and maintain collaborative relationships with community, professional and governmental agencies; and
- Participate with Town offices and community health and human service agencies in community planning activities.

COMMISSIONERS:

Patricia Burns	Chairperson	203-869-8681
Steven B. Katz	Vice Chairperson	917-903-7149
James B. Dougherty	Secretary	203-869-3085
Carol Burns		203-661-5946
Francis "Kip" Burgweger		203-869-2377
Anne Marie Hynes		203-698-9110
Ellen M. Wolfson, M.D.		203-629-5993

STAFF:

Lori Contadino, MS	Chicky Krois
Director	Administrative Staff Assistant II
lori.contadino@greenwichct.org	203-862-6710
203-862-6710	

TABLE OF CONTENTS

ADULT DAY CARE	1
AGING IN PLACE.....	1
AGING LIFE CARE PROFESSIONALS.....	2
ADVOCACY ORGANIZATIONS.....	4
ALHEIMER'S DISEASE/DEMENTIA.....	5
CAREGIVER RESPITE & COUNSELING	7
CHORE SERVICES, HOUSEHOLD HELP & ERRANDS	9
COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES	12
ALZHEIMER'S DIAEASE/DEMENTIA	12
ANXIETY, DEPRESSION & GRIEF COUNSELING.....	13
ELDER ABUSE/DOMESTIC ABUSE	14
SUICIDE PREVENTION	16
SUBSTANCE ABUSE	16
DIABILITY SERVICES.	17
EMERGENCY PREPAREDNESS	20
EMPLOYMENT ASSISTANCE.....	21
ENERGY & UTILITIES ASSISTANCE	21
FELLOWSHIP.....	22
FINANCIAL ASSISTANCE.....	23
FOOD ASSISTANCE & NUTRITION SERVICES.....	24
GERIATRIC ASSESSMENT.....	25
GREENWICH HOSPITAL ACUTE CARE, OUTPATIENT & SUPPORTIVE SERVICES.....	27
HEALTH CLINICS	28
HEARING IMPAIRED	30
HOME CARE GUIDE.....	30
HOME CARE - NON-MEDICAL.....	32
HOME CARE – SKILLED NURSING SERVICES	37
HOSPICE CARE.....	38
HOUSING	40
ACCESSORY	40
ASSISTED LIVING	40
CONGREGATE & INDEPENDENT	42
NEIGHBORING COMMUNITIES (CONGRETATE & ASSISTED)	43
PLACEMENT SERVICES.....	43
SENIOR HOUSING (PUBLIC).....	44
SUPPORTIVE HOUSING FOR PERSONS WITH DISABILITIES	45
IN-HOME SERVICES	45

INFORMATION & REFERRAL.....	45
INSURANCE COUNSELING	48
LEGAL ASSISTANCE	48
LEGAL COURTS	50
LIFE PLANNING – ADVANCE DIRECTIVES.....	51
LONG TERM CARE	52
GREENWICH.....	52
NEIGHBORING COMMUNITIES	52
SERVICE & SUPPORT	53
OMBUDSMAN PROGRAM	54
MEDICARE – IMPORTANT INFORMATION.....	55
MEDICARE SUPPLEMENTAL INSURANCE	57
MEDICAID TITLE 19	57
MEDICAL EQUIPMENT	58
MEDICATION DISPOSAL	59
MENTAL HEALTH HOTLINES & SERVICES	59
MONEY FOLLOWS THE PERSON.....	60
MORTGAGE LOAN INFORMATION.....	60
ORGANIZATIONAL ASSISTANCE.....	61
PHARMACIES	61
PROTECTIVE SERVICES FOR THE ELDERLY	62
REHABILITATION SERVICES.....	63
RETIREMENT & PENSION ASSISTANCE	66
SAFETY	66
DRIVER	66
HOME	67
SOCIALIZATION, RECREATION & EDUCATION	68
SPEECH & LANGUAGE PATHOLOGY	70
SUPPORT GROUPS	71
TAX PREPARATION	72
TAX RELIEF & ASSISTANCE.....	73
TRANSPORTATION.....	73
TRANSPORTATION MEDICAL	75
VETERAN’S SERVICES	76
VOLUNTEER OPPORTUNITIES.....	77
TRANSPORTATION GUIDE ON BACK COVER	

ADULT DAY CARE

Adult Day Care Centers are designed to provide care and companionship for seniors who need assistance or supervision during the day. The program offers relief to family members or caregivers and allows them the freedom to go to work, handle personal business or just relax while knowing their relative is well cared for and safe. Adult Day programs often delay or prevent institutionalization by providing alternative care.

- **ADULT DAY PROGRAM AT WAVENY CARE CENTER**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org
- **CONNECTICUT ASSOCIATION OF ADULT DAY SERVICES**
203- 678-4649
Website: www.ctadullday.org
- **GRASMERE BY THE SEA ADULT DAY SERVICES – Jewish Senior Services**
1 Post Road, Fairfield, CT 06824
203-365-6470
Website: www.jhe.org/adulldayservices
- **RIVER HOUSE ADULT DAY CENTER**
125 River Road Ext., Cos Cob, CT 06807
203-622-0079
Website: www.theriverhouse.org

AGING IN PLACE

Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to have any services (or other support) they might need over time as their needs change. “Aging in place” initiatives provide older adults with the necessary support services to remain in their own homes as they age. Members of community-based Aging-in-Place organizations, pay an annual fee to access a range of services including: transportation, companionship, social and wellness programs, home maintenance and repair and other types of assistance. Some services are included in the membership fee and others are provided by a network of pre-screened providers at a discounted rate. This ensures that an older person can have the things they need in their daily life, while maintaining their quality of life.

- **AT HOME IN GREENWICH**
139 East Putnam Avenue, Greenwich, CT 06830
203-422-2342
Website: www.athomeingreenwich.org
Email: director@athomeingreenwich.org
- **AGEWELL COMMUNITY COUNCIL, Danbury CT**
860-314-2225
Website: www.AGEWELLCT.org
- **THE CAREGIVER RESOURCE CENTER**
203-861-9833
Website: www.CaregiverResourceCenter.com
- **JEWISH SENIOR SERVICES-SENIOR CHOICE AT HOME**
4200 Park Ave, Bridgeport, CT 06604
203-365-6400
Website: www.seniorchoicehome.org

AGING LIFE CARE PROFESSIONALS

An Aging Life Care Professional is a health and human services professional, such as a gerontologist, nurse, social worker, or psychologist with a specialized focus on issues related to aging and elder care. Aging Life Care Professionals work privately with older adults and their families to create a plan of care that meets the needs of the older adult.

- **AGING LIFE CARE ASSOCIATION – THE EXPERTS IN AGING WELL**
(Formerly The National Association of Geriatric Care Managers)
520-881-8008
3275 West Ina Road, Suite 130, Tucson, AZ 85716
Website: www.aginglifecare.org
- **THE CAREGIVER RESOURCE CENTER**
PO Box 122, Cos Cob, CT 06807-0122
203-861-9833
Website: www.CaregiverResourceCenter.com
Email: care4you@optonline.net
- **CARE MANAGING, L.L.C.**
PO Box 39,186 Rowayton Woods Dr. Rowayton, CT 06854
203-831-8500
- **CONSTELLATION GERIATRIC CARE MANAGEMENT**
14 Westport Avenue, Norwalk, CT 06851
203-845-8000
Website: www.constellationhs.com

- **GERIATRIC CARE MANAGEMENT AT WAVENY**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com
- **GROWING OPTIONS, INC.**
590D Heritage Vlg, Southbury, CT 06488
203-258-2640
Website: www.growingoptions.com
Email: info@growingoptions.com
- **JM CARE MANAGEMENT**
P.O. Box 434 Riverside, CT 06878
203-216-1635
- **LIFE CARE MANAGEMENT**
1266 East Main Street, Suite 700R, Stamford, CT 06902
888-669-3227 ext.700
Website: www.ikorglobal.com/west-fair
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Mon-Fri 9:00 am to 5:00 pm
Website: www.ctjfs.org
- **SBG SENIOR LIFE CONSULTANTS**
1511 Route 22 #257, Brewster, NY 10509
914-220-2933
Website: www.sbgseNIorlifeconsultants.com
- **STERLING CARE**
235 Glenville Road 3rd Floor, Greenwich, CT 06831
203-532-0500, 24/7
Website: www.sterlingcare.com
Email: info@sterlingcare.com
- **TEWES CARES: ADULT, AGING & DISABILITY CARE**
28 Lynn Pl., Ridgefield, CT 06877
203-826-9206
Website: www.tewescare.com

ADVOCACY ORGANIZATIONS

Advocacy means to speak up, to plead the case of another, or to fight for a cause. Advocacy is an important function of most nonprofit organizations. It describes a wide range of expressions, actions and activities that seek to influence outcomes directly affecting the lives of the people served by the organization.

- **ABILIS**
50 Glenville Street, Greenwich CT 06831
203-531-1880; Fax 203-531-9367;
Website: www.abilis.us
- **AT HOME IN GREENWICH**
139 East Putnam Avenue, Greenwich, CT 06830
203-422-2342
Website: www.athomeingreenwich.org
Email: director@athomeingreenwich.org
- **THE CENTER FOR MEDICARE ADVOCACY**
800- 262-4414; 860-456-7790
Website: www.medicareadvocacy.org
- **C. CLEARY CUSICK, INC.**
154 Martling Ave., Tarrytown, NY 10591
914-588-7940
Website: www.cclearycusick.com
- **CONNECTICUT COMMISSION ON HUMAN RIGHTS (CHRO)**
860-541-3400
Website: www.ct.gov
- **DEPARTMENT OF DEVELOPMENTAL SERVICES**
460 Capitol Avenue, Hartford, CT 06106
844-878-8923
Website: www.ct.gov/dds/site
Email: ddsct.co@ct.gov
- **THE FIRST SELECTMAN'S ADVISORY COMMITTEE FOR PEOPLE WITH DISABILITIES**
203-861-3191 – Voice Message Only
Website: www.greenwichct.org
- **GREENWICH HOMECARE**
7 Benedict Court, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com

- **OFFICE OF HEALTHCARE ADVOCATE (OHA)**
866-466-4446
Website: www.ct.gov
Email: healthcare.advocate@ct.gov
- **OFFICE OF VICTIM SERVICES (OVS)**
860-263-2760; 800-822-8428
Website: www.jud.ct.gov
Email: OVS@jud.ct.gov
- **PATIENT ADVISORY SERVICES, LLC.**
15 Harding Road, Old Greenwich, CT 06870
203-918-8219
Website: www.patientadvisoryservices.com
Email: info@patientadvisoryservices.com
- **TEWES CARES: ADULT, AGING & DISABILITY CARE**
28 Lynn Pl., Ridgefield, CT 06877
203-826-9206
Email: www.tewescares.com

ALZHEIMER'S DISEASE/DEMENTIA

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's is the most common type of dementia and accounts for 60 to 80 percent of dementia cases.

- **ALZHEIMER'S ASSOCIATION**
Website: www.alzct.org
24-Hour Helpline:
800-272-3900

Main Office: 200 Executive Blvd. Suite #4B Southington, CT 06489 860-828-2828	South West Office 607 Main Avenue Norwalk, CT 06851 203-939-1360
---	--
- **ALZHEIMER'S & DEMENTIA CARE**
1000 Lafayette Blvd Suite 1000, Bridgeport, CT 06604
203-520-0116
Website: www.alzdementiacare.com
- **ALZHEIMER'S RESOURCE CENTER**
1261 South Main Street, Plantsville CT 06479
860-628-9000
Website: www.arc-ct.org

- **BRAIN HEALTH**
800-232-4424 OR 860-793-9791
Website: www.ctclearinghouse.org
- **BRIDGES BY EPOCH**
595 Connecticut Avenue, Norwalk, CT 06854
203-523-0510
Website: www.BridgesbyEPOCH.com
- **CAREPATROL**
203-244-9562
Website: www.CarePatrolCT.com
- **ENGAGING ALZHEIMER'S LLC**
PO Box 682 Amawalk, NY 10501
914-962-0997
Website: www.Engagingalzheimers.com
- **THE GREENS AT GREENWICH**
1155 King Street, Greenwich, CT 06831
203-531-5500
Website: www.thegreensatgreenwich.com
- **MAPLEWOOD AT DARIEN**
599 Boston Post Road, Darien, CT 06820
203-293-6872
Website: www.maplewoodatdarien.com
- **MAPLEWOOD AT STRAWBERRY HILL - NORWALK**
73 Strawberry Hill Avenue, East Norwalk, CT 06855
203-293-6554
Website: www.maplewoodatstrawberryhill.com
- **MEMORY CAFÉ**
First United Methodist Church -Between High Ridge and Long Ridge Roads- Stamford, CT
203-322-7549
- **NEW ENGLAND INSTITUTE FOR NEUROLOGY AND HEADACHE**
30 Buxton Farm Road, Suite 230, Stamford, CT 06905
203-212-4191
Website: www.neinh.com
Email: info@neing.com
- **PATIENT ADVISORY SERVICES, LLC.**
15 Harding Road, Old Greenwich, CT 06870
203-918-8219
Website: www.patientadvisoryservices.com
Email: info@patientadvisoryservices.com

- **RESEARCH CENTER FOR CLINICAL STUDIES, INC.**
71 East Avenue, Suite 1, Norwalk, CT 06851
203-838-0070
Website: www.rccs-us.com
- **THE RESIDENCE AT SUMMER STREET (Opening Spring 2018)**
14 2nd Street Stamford CT 06905
(203) 803-4091
Website: www.residencesummerstreet.com
- **RIVER HOUSE ADULT DAY CENTER**
125 River Road Ext., Cos Cob, CT 06807
203-622-0079
• Website: www.theriverhouse.org
- **THE VILLAGE AT WAVENY**
3 Farm Road, New Canaan CT 06840
203-594-5200
Website: www.waveny.org
- **SENIOR HELPERS**
203-930-1589
Website: www.seniorhelpers.com
www.seniorhelpers.com/Fairfieldcounty-CT

CAREGIVER RESPITE AND COUNSELING

Respite provides "short breaks" to family caregivers so they have time for themselves for activities outside the home such as running errands, grocery shopping, keeping doctor appointments, getting away on vacation, nights out with friends, etc.

- **ALZHEIMER'S STATE RESPITE PROGRAM**
Southwestern Connecticut Agency on Aging (SWCAA)
10 Middle Street, Bridgeport CT 06604
800-994-9422
Website: www.swcaa.org
- **AT HOME IN GREENWICH**
139 East Putnam Avenue, Greenwich, CT 06830
203-422-2342
Website: www.athomeingreenwich.org
Email: director@athomeingreenwich.org
- **CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org

- **CENTER FOR HOPE, FAMILY CENTERS, INC.**
20 Bridge Street, Greenwich, CT 06830
203-629-2822
Website: www.familycenters.org
- **FAMILY & CHILDREN'S AGENCY HOME CARE**
140 Water Street, Norwalk, CT 06850
203-831-2900, Fax: 203-831-2904
Website: www.familyandchildrensagency.org
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com
- **HOMEWATCH CAREGIVER OF FAIRFIELD COUNTY**
30 Oakwood Ave, Norwalk, CT 06850
203-900-8020
Website: www.hwcg.com/norwalk
- **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**
Southwestern Connecticut Agency on Aging
10 Middle Street, Bridgeport, CT 06604
800-994-9422, Fax: 203-696-3866
Website: www.swcaa.org
- **PATIENT ADVISORY SERVICES, LLC.**
15 Harding Road, Old Greenwich, CT 06870
203-918-8219
Website: www.patientadvisoryservices.com
Email: info@patientadvisoryservices.com
- **RIVER HOUSE ADULT DAY CENTER**
125 River Road Ext., Cos Cob, CT 06807
203-622-0079
Website: www.theriverhouse.org

THE FOLLOWING FACILITIES OFFER RESPITE:

- Brighton Gardens (Stamford): **203-322-2100**
- Greenwich Woods Rehabilitation and Health Care Center: **203-531-1335**
- The Mews: **203-869-9448**
- RegalCare at Greenwich: **203-347-1302**
- River House Adult Day Center **203-622-0079**
- Village at Waveny Care Center (New Canaan): **203-594-5200** (Assisted Living)
- Waveny Care Center (New Canaan): **203-594-5200** (Skilled Nursing)

CHORE SERVICES, HOUSEHOLD HELP & ERRANDS

Chore services include support or assistance to a person or their primary caregiver to maintain a clean, sanitary and safe home which helps a person stay at home and remain as independent as possible

- **ADVOCATES AT HOME**
1011 Hope Street, Suite 2C, Stamford, CT 06907-2121
203-276-1506
Website: www.advocatesathome@gmail.com
- **ALMOST FAMILY**
1150 Summer St, Stamford, CT 06905
203-969-0101 or 800-323-2645
Website: www.almostfamily.com
- **BRIGHT STAR OF GREENWICH/STAMFORD**
45 Church Street, Suite 205, Stamford, CT 06906
203-883-8560 or 203-984-4988 (cell)
Website: www.brightstarcare.com
- **BROOK'S HOMECARE**
134 Height Road, Darien, CT 06820
203-655-3400
Website: www.brookeshomecare.net
- **CHANGING PLACES**
508 Palmer Avenue, Mamaroneck, NY 10543
914-381-1022
Website: www.changingplaces.info
- **COMFORCARE**
259 Main Street, Suite 4, Stamford, CT 06901
203-705-0220
Website: www.comforcare.com/connecticut/stamford
- **COMFORT KEEPERS**
124 East Avenue, Norwalk, CT 06851
203-629-5029
Website: www.comfortkeepers.com
Email: greenwich@Comfortkeepers.com
- **COMPANIONS AND HOMEMAKERS**
16 Ketchum Street, Westport, CT 06880
203-259-8375
Website: www.companionsandhomemakers.com

- **COMPASS CARE**
777 Summer Street, Suite #303, Stamford, CT 06901
855-535-2500
Website: www.carewhenyouneedit.com
- **CONSTELLATION HEALTH SERVICES**
14 Westport Avenue, 1st Floor, Norwalk, CT 06851
203-845-8000
Website: www.constellationhs.com
- **DANIELCARE**
188 North Street, Stamford, CT 06901
203-569-4900
Website: www.danielcare.com
- **FAMILY & CHILDREN'S AGENCY HOME CARE PLUS**
140 Water Street, Norwalk, CT 06850
203-831-2900, Fax: 203-831-2904
Website: www.familyandchildrensagency.org
- **FAMILY CARE PLUS**
2573 Main Street, Stratford, CT 06615
877- 887-CARE or (203) 377-1844
Website: www.familycare-plus.com
- **GREENWICH DEPARTMENT OF HUMAN SERVICES
HOMEMAKER DEPARTMENT**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3801
Website: www.greenwichct.org
- **HOME CARE ON CALL**
354 Pequot Ave., Southport, CT 06890
(203) 557-4240
Website: www.homecareoncallct.com
- **HEMOCARE BY RVNA**
90 East Ridge, Ridgefield, CT 06877
203-438-5555
Website: www.hcrnva.com
Email: intake@ridgefieldvna.org
- **HOME CHOICE SENIOR CARE**
21 Charles St., Suite 212, Westport, CT 06880
203-227-5040
- **HOMEFRONT**
1-800-887-4673
Website: www.homefrontprogram.org

- **HOME HELPERS**
1771 Post Rd. #128 East, Westport, CT 06880
203-680-9148 or 860-756-5545
Website: www.HomeHelpersHomecare.com/Greenwich
- **HOME INSTEAD SENIOR CARE**
128 East Avenue, Norwalk, CT 06851
203-853-0370
Website: www.homeinstead.com
- **JEWISH FAMILY SERVICES OF GREENWICH**
1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881
Website: www.jfsgreenwich.org
Email: mail@jfsgreenwich.org
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
- **MAXIM HEALTHCARE SERVICES**
40 Richards Ave., Norwalk, CT 06854
203-857-0529, (Fax) 203-857-0738
Website: www.maximhomecare.com
Email: norwalkctoffice@maxhealth.com
- **RIGHT AT HOME**
7 Tokeneke Rd., Darien, CT 06820
203-202-9488
Website: www.rightathome.net/darien/
Email: info@homecarerah.com
- **SENIOR HELPERS**
One Stamford Ave., Stamford, CT 06902
203-564-1591
Website: www.seniorhelpers.com
- **STERLING CARE**
235 Glenville Road, 3rd Floor, Greenwich, CT 06831
203-532-0500
Website: www.sterlingcare.com
Email: info@sterlingcare.com
- **SYNERGY HOME CARE**
1200 Summer St. Suite #105, Stamford, CT 06905
203-661-6969
Website: www.synergyhomecare/agencies/ct/stamford
Email: ct01@synergyhomecare.com

- **VISITING ANGELS**
1266 E. Main Street, Suite #700 R, Stamford, CT 06902
203-658-8800
Website: www.visitingangels.com/stamford
- **VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY**
761 Main Ave, Norwalk, CT 06851
1--800-898-HOME ((800) 898-4663)
Website: www.visitingnurse.net
- **WAVENY at HOME**
3 Farm Road, New Canaan, CT 06840
203-594-5249
Website: www.waveny.org

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

ALZHEIMER'S DISEASE/DEMENTIA

- **ALZHEIMER'S ASSOCIATION**
Website: www.alz.org/ct

<u>Fairfield County Chapter</u> 203-939-1360 70 New Canaan Avenue Norwalk, CT 06850	<u>Connecticut Chapter</u> 860-828-2828 2075 Silas Deane Highway, Suite 100 Rocky Hill, CT 06067
--	---
- **ALZHEIMER'S DISEASE & RELATED DISORDERS ASSOCIATION**
1-800-272-3900 (National Office)
- **ALZHEIMER'S RESOURCE CENTER**
1261 South Main Street, Plantsville CT 06479
860-628-9000
Website: www.arc-ct.org
- **THE ALZHEIMER'S STORE**
800-752-3238
Website: www.alzstore.com
- **BRIDGES BY EPOCH**
123 Richards Avenue, Norwalk, CT 06854
203-523-0510
Website: www.bridgesbyepoch.com

- **BROOK'S HOMECARE**
134 Height Road, Darien, CT 06820
203-655-3400
Website: www.brookeshomecare.net
- **DRS. CHARLOTTE & DAVID BROWN GERIATRIC EVALUATION CLINIC**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org
- **HEARTHSTONE ALZHEIMER CARE**
95 South Broadway, White Plains, NY 10601
914-684-1980
Website: www.thehearth.org
- **HOMEWATCH CAREGIVER OF FAIRFIELD COUNTY**
30 Oakwood Ave, Norwalk, CT 06850
203-900-8020
Website: www.hwcg.com/norwalk
- **PUZZLE WITH ME**
435-714-8121
Website: www.puzzlewithme.com

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

ANXIETY, DEPRESSION, FAMILY & GRIEF COUNSELING

- **THE CAREGIVER RESOURCE CENTER**
PO Box 122, Cos Cob, CT 06807-0122
203-861-9833
Website: www.CaregiverResourceCenter.com
Email: care4you@optonline.net
- **F.S. DUBOIS CENTER (Dept. of Mental Health & Addiction Services)**
780 Summer Street, Stamford, CT 06901
203-358-8500
- **FAMILY CENTERS, INC.**
20 Bridge Street, Greenwich, CT 06830
203-629-2822
Website: www.familycenters.org

- **GREENWICH CENTER FOR HOPE & RENEWAL**
237 Taconic Road, Greenwich, CT 06831
203-340-9816
Website: www.hopeandrenewal.org
- **GREENWICH CHAPLAINCY SERVICES**
70 Parsonage Road, Greenwich, CT 06830
203-618-4321 or 203-618-4236
Website: www.greenwichchaplaincy.org
- **GREENWICH DEPARTMENT OF HUMAN SERVICES**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org
- **JEWISH FAMILY SERVICES OF GREENWICH**
1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881
Website: www.jfsgreenwich.org
Email: mail@jfsgreenwich.org
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
Email: info@ctjfs.org
- **MEAD COUNSELING CENTER**
139 East Putnam Avenue, Greenwich, CT 06830
203-869-5063
- **SBG SENIOR LIFE CONSULTANTS**
1511 Route 22 #257, Brewster, NY 10509
914-220-2933
Website: www.sbgseNIorlifeconsultants.com

ELDER ABUSE & DOMESTIC ABUSE

- **CT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)**
This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services.

- **To report cases of suspected abuse, neglect or exploitation, call:**
 - **In-State referral line: 888-385-4225**
 - **Bridgeport Office: 203-551-2701**
 - **Stamford Office: 203-251-9392**
 - **Out of State, call Infoline: 800-203-1234**
- **After Hours Elder Abuse Emergencies call:**
 - **In State call Infoline: 211**
 - **Out of State, call Infoline: 800-203-1234**
- **STATE OF CT, OFFICE OF PROTECTION & ADVOCACY FOR PEOPLE WITH DISABILITIES.**
60 B Weston Street, Hartford, CT 06120
860-297-4300
- **DOMESTIC ABUSE SERVICE – YWCA**
259 East Putnam Avenue, Greenwich, CT 06830
Emergency Phone: 203-622-0003, 24 /7
Information and non-emergency: 203-869-6501
Professional and confidential counseling is available to persons experiencing violence in his/her life. Support groups, legal information and emergency shelter are available.
- **DOMESTIC VIOLENCE HOTLINES**
 - **Statewide 24 Hour Hotline: 888-774-2900**
 - **Stamford 24 Hour Hotline: 203-588-9096**
 - **Center for Women & Families of Eastern Connecticut**
 - **24 Hour Hotline: 203-384-9559**
- **JEWISH SENIOR SERVICES - EMERGENCY SHELTERING**
Center for Elder Abuse Prevention
203-396-1097
Website: www.jseniors.org
- **SOUTHWESTERN CT AGENCY ON AGING**
1000 Lafayette Blvd, 9th Floor, Bridgeport, CT 06604
203-333-9288
Website: www.swcaa.org
- **STATE OF CONNECTICUT – FINANCIAL CRIMES UNIT (ELDER ABUSE UNIT)**
300 Corporate Place, Rocky Hill CT 06067
860-258-5839

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

SUICIDE PREVENTION

- **F.S. DUBOIS CENTER-** (Dept. of Mental Health & Addiction Services)
780 Summer Street, Stamford, CT 06901
Mobile Crisis Services: 203-358-8500, 24 hours/day, 7 days/week
- **INFOLINE: CALL 211, 24 hours/day, 7 days/week**
United Way of Connecticut, 1344 Silas Deane Hwy. Rocky Hill, CT 06067

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

SUBSTANCE ABUSE

- **ADDICTION-RECOVERY PROGRAM @ GREENWICH HOSPITAL**
203-863-4673, 24 hours/day, 7 days/week
Website: www.greenwichhospital.org/services/addiction-recovery
- **ADDICTION AND ABUSE HOTLINE**
877-726-4727 800-622-HELP
- **ALCOHOLICS ANONYMOUS** (Answering Service)
866-783-7712
- **ALCOHOLICS ANONYMOUS – GREENWICH**
83 East Ave Suite 211, Norwalk, CT 06851
(203) 227-2496
- **THE CAREGIVER RESOURCE CENTER**
P.O. Box 122, Cos Cob, CT 06807-0122
203-861-9833
Website: www.CaregiverResourceCenter.com
- **CRISIS HELPLINE- INFO-LINE**
800-203-1234

- **F.S. DUBOIS CENTER- (Dept. of Mental Health & Addiction Services)**
780 Summer Street, Stamford, CT 06901
24-Hour Crisis Intervention: 877-677-4135, 203-358-1600
Crisis Programs 203-358-8500
- **LIBERATION PROGRAMS, INC. - Older Adult Services**
129 Glover Avenue, Norwalk, CT 06850
203-851-2077
Website: www.liberationprograms.org
Email: info@liberationprograms.org
- **SELF HELP GROUPS:**
Alcoholics Anonymous: 866-783-7712
Cocaine Anonymous: 800-347-8998
Narcotics Anonymous: 800-627-3543
Gamblers Anonymous: 800-346-6238
- **SUBSTANCE ABUSE PROGRAMS**
Chemical Abuse Service Agency, Bridgeport: **203-339-4112**
CT Renaissance, Inc., Bridgeport: **203-367-6827**
St. Vincent's Behavioral Health/ Hall Brooke, Westport: **203-227-1251**
Helping Hand Center, Bridgeport: **203-336-4745**
Liberation Programs, Bridgeport: **203-384-9301**
Positive Directions, Westport: **203-227-7644**
Regional Counseling Services, Bridgeport: **203-366-5817**
Regional Network of Programs, Shelton: **203-929-1954**
Silver Hill Hospital, New Canaan: **866-542-4455**

DISABILITY SERVICES

Services for the disabled include programs that provide direct services, emotional support, advocacy, and guidance for people who have disabilities. These services help individuals cope more effectively with their disability and empower them to make personal choices which maximizes their ability to function independently.

- **ABILIS**
50 Glenville Street, Greenwich CT 06831
203-531-1880
Website: www.abilis.us
- **ACCESS INDEPENDENCE**
80 Ferry Blvd., Suite #205, Stratford, CT 06615
203-378-6977
Website: www.accessinct.org

- **BRAIN INJURY ALLIANCE OF CONNECTICUT**
200 Day Hill Road #250, Windsor, CT 06095
860-219-0291
Website: www.biact.org
Email: general@biact.org
- **BUREAU OF EDUCATION AND SERVICES FOR THE BLIND**
184 Windsor Ave., Windsor, CT 06095
860-602-4000
Website: www.ct.gov/besb
- **BUREAU OF REHABILITATIVE SERVICES**
55 Farmington Avenue, Hartford, CT 06105
860-424-4844
Website: www.ct.gov/brs
- **CEREBRAL PALSY OF WESTCHESTER
DAVID G. OSTERER CENTER (CPW)**
1186 King Street, Rye Brook NY 10573
914-917-3800
Website: www.cpwestchester.org
Email: info@cpwestchester.org
- **CONNECTICUT DEPARTMENT OF DEVELOPMENTAL SERVICES**
460 Capitol Ave., Hartford, CT 06105
860-418-6000
Website: www.ct.gov/dds
Email: ddsct.co@ct.gov
- **DISABILITY RESOURCE NETWORK, INC.**
340 Capitol Ave., Bridgeport, CT 06604
203-873-0743
Website: www.disability-resource.org
Email: info@disability-resource.org
- **HOMEWATCH CAREGIVER OF FAIRFIELD COUNTY**
30 Oakwood Ave, Norwalk, CT 06850
203-900-8020
Website: www.hwcg.com/norwalk
- **KENNEDY CENTER, INC.**
2440 Reservoir Ave., Trumbull, CT 06611
203-365-8522
Website: www.thekennedycenterinc.org
- **LIFE BRIDGE COMMUNITY SERVICES – Deaf Outreach and Interpreting Services**
475 Clinton Ave, Bridgeport, CT 06605
203-368-4291
Website: www.lifebridgect.org

- **MUSCULAR DYSTROPHY ASSOCIATION**
127 Washington Ave. 4th Fl. West, North Haven, CT 06473
203-248-6500
Website: www.newhaven@mdausa.org
- **NATIONAL MS SOCIETY, CT Chapter**
659 Tower Ave, Hartford, CT 06112
800-344-4867
Website: www.nationalmssociety.org/Chapters/CTN
Email: info@ctfightsMS.org
- **NATIONAL SPINAL CORD INJURY ASSOCIATION OF CT**
P.O. Box 400, Gaylord Farms Road, Wallingford, CT 06492
203-284-2910
Website: www.sciact.org
Email: nsciact@gmail
- **NEAT CENTER (New England Assistive Technology)**
33 Coventry St. Hartford, CT 06112
860-242-2274
Website: www.oakhillct.org/NEAT-Center
- **NORWALK TRANSIT DISTRICT (PUBLIC BUS & EASY ACCESS)**
275 Wilson Avenue, Norwalk, CT 06854
203-852-0000
Website: www.norwalktransit.com
Email: info@norwalktransit.com
- **PARKING PERMITS FOR PERSONS with DISABILITIES**
(800) 842-8222
- **DEPARTMENT OF MOTOR VEHICLES**
540 Main Avenue, Norwalk, CT 06851
(800) 840-1993
- **DEPARTMENT OF MOTOR VEHICLES**
95 Sylvan Avenue, Bridgeport, CT 06606
(800) 330-5619
Website: www.ct.gov
- **PATHWAYS, Inc.**
175 Milbank Avenue, Greenwich, CT 06830
203-869-5656
Website: www.pways.org
Email: info@pways.org
- **STATE OF CT, OFFICE OF PROTECTION & ADVOCACY FOR PEOPLE WITH DISABILITIES.**
60 B Weston Street, Hartford, CT 06120
860-297-4300

EMERGENCY PREPAREDNESS

Disaster management (or emergency management) is the creation of plans through which communities reduce vulnerability to hazards and cope with disasters. Disaster management does not avert or eliminate the threats; instead, it focuses on creating plans to decrease the effect of disasters.

IN THE EVENT OF AN EMERGENCY CALL:

911

***POLICE * FIRE * EMS**

- **EMERGENCY MANAGEMENT OPERATIONS - TOWN OF GREENWICH**

Town Hall, 101 Field Point Road, Greenwich CT 06830

203-622-2222

Website: www.greenwichct.org

- **To hear emergency information: Call (866) 245-4260**

(This number is in service ONLY during major emergencies)

- **Emergency E-mail and Phone Notification System**

At the direction of the First Selectman, the Information Technology Department and the Office of Emergency Management have developed an Emergency E-mail Notification System to increase the Town's ability to contact the residents of Greenwich. Those residents who wish to receive either emergency notifications or important information from the Town need only to provide an e-mail address through the Emergency Preparedness section of the Town's website. The website provides directions to facilitate the entry of the e-mail address. The only information required would be the e-mail address and a password.

In addition to this e-mail system, the Town has established an Emergency Info Line, which provides access to important and/or emergency information by simply dialing the following number: **1-866-245-4260**. Both of these systems will be used to provide important information, such as the initiation of a snow emergency, issuing storm warnings, and emergency preparedness directions for an impending storm or an emergency event.

- In the near future, the Town expects to increase its capability to communicate directly to the residents by acquiring an Emergency Notification System that will use your existing home phone, cell phone and e-mail to send emergency messages to all residents or to a specific geographic area.

WEATHER & STORM RELATED INFORMATION

TOWN OF GREENWICH WEBSITE:

www.greenwichct.org

TOWN OF GREENWICH EMERGENCY INFO LINE:

866-245-4260

RADIO: 1490AM WGCH RADIO

TELEVISION: NEWS CHANNEL 12

EMPLOYMENT ASSISTANCE

- **ABILIS**
50 Glenville Street, Greenwich CT 06831
203-531-1880
Website: www.abilis.us
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
Email: info@ctjfs.org
- **USE (Utilize Senior Energy)**
299 Greenwich Avenue, Greenwich, CT 06830
203-629-8032
Website: www.utilizeseniorenergy.org
Email: info@utilizeseniorenergy.org

ENERGY AND UTILITIES ASSISTANCE

- **GREENWICH DEPARTMENT OF HUMAN SERVICES**
Connecticut Energy Assistance Program (CEAP)
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org/government/departments/human_services/
- Infoline @ 211

FELLOWSHIP

Fellowship may be defined as a “friendly association with others” or “companionship.”

- **CARE FOR SICK AND AGING – ST. CATHERINE OF SIENA
Parish Center**
13 Riverside Avenue, Riverside, CT 06878
203-637-3661 x318
Website: www.stcath.org
- **FAITH COMMUNITY NURSING – ST. CATHERINE OF SIENA**
13 Riverside Avenue, Riverside, CT 06878
203-637-2710
Website: www.stcath.org
- **FRIENDLY CONNECTIONS
FAMILY CENTERS, INC.**
20 Bridge Street, Greenwich, CT 06830
203-629-2822
Website: www.familycenters.org
- **GREENWICH CHAPLAINCY SERVICES**
70 Parsonage Rd., Greenwich, CT 06830
(203) 618-4321 or (203) 618-4236
Website: www.greenwichchaplaincy.org
Email: gwichchap01@yahoo.com
- **GREENWICH HOSPITAL PASTORAL HOME CARE PROGRAM**
5 Perryridge Road, Greenwich, CT 06830
203-863-3000
Website: www.greenwichhospital.org
- **GREENWICH HOSPITAL – SPIRITUAL CARE**
5 Perryridge Road, Greenwich, CT 06830
203-863-3146
Website: www.greenwichhospital.org
- **GREENWICH SENIOR CENTER**
299 Greenwich Avenue, Greenwich, CT 06830
203-862-6700
Website: www.greenwichct.org

- **JEWISH FAMILY SERVICES OF GREENWICH**
1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881
Website: www.jfsgreenwich.org
Email: mail@jfsgreenwich.org
- **PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH**
108 Sound Beach Ave., Old Greenwich, CT 06870
203-637-1791, ext. 21
- **STAMFORD SENIOR CENTER**
888 Washington Boulevard, Stamford, CT 06901
203-977-5151
Website: www.stamfordseniorct.org

FINANCIAL ASSISTANCE

Assistance with the following expenses: Medications, Food, Utilities, Legal, Health care, Housing, In-home services, Taxes, Transportation and Employment Training.

- **BENEFITS CHECK-UP – NATIONAL COUNCIL ON AGING**
Website: www.benefitscheckup.org
- **CONNECTICUT DEPARTMENT OF HUMAN SERVICES**
- **Bridgeport Office**
925 Housatonic Avenue
Bridgeport, CT
203-551-2700
Website: www.ct.gov/dss
- **Stamford Sub-Office**
1642 Bedford Street
Stamford, CT 06905
855-626-6632
- **GREENWICH DEPARTMENT OF HUMAN SERVICES- FINANCIAL ASSISTANCE**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org
- **ON-LINE BENEFITS CHECK-UP**
Southwestern Connecticut Area Agency on Aging
800-994-9422
Website: www.swcaa.org
- **PERSONAL FINANCIAL ORGANIZER**
Judith Heft and Associates Financial Concierge
1177 Summer St., Stamford CT 06905
15 East Putnam Avenue, #122, Greenwich, CT 06830
203-978-1858
Website: www.judithheft.com

- **RETIREMENT FUNDING SOLUTIONS**
57 Plains Road, Suite 3c, Milford, CT 06464
203-542-0719
Website: www.rfslends.com/frances-schneider-connecticut-reverse-mortgage
Email: fschneider@rfslends.com

FOOD ASSISTANCE & NUTRITION SERVICES

- **ACME SUPERMARKET**
Minimum order \$35.00 + delivery charge
Website: www.shop.acmemarkets.com (or download Rush Delivery App)
- **END HUNGER, CONNECTICUT**
65 Hungerford St., Hartford CT 06106
860- 560-2100
- **SNAP INFO-LINE 866- 974-SNAP**
Website: www.endhungerct.org
- **FRESH DIRECT**
Minimum order of \$30 + delivery charge
1-866-283-7374
Website: www.freshdirect.com
Email: service@freshdirect.com
- **GREENWICH SENIOR CENTER – LUNCH PROGRAM**
299 Greenwich Avenue, Greenwich, CT 06830
203-862-6700
Website: www.greenwichct.org
- **JEWISH FAMILY SERVICES OF GREENWICH
SUPERMARKETING FOR SENIORS**
1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881
Website: www.jfsgreenwich.org
Email: mail@jfsgreenwich.org
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
- **MEALS-ON-WHEELS**
89 Maple Avenue, Greenwich, CT 06830
203-869-1312
Website: www.mealsonwheelsofgreenwich.org
Email: greenwichmow@optonline.net

- **MOM'S MEALS**
3210 SE Corporaye Woods Drive, Ankeny, IA, 50021
866-716-3257
Website: www.momsmeals.com
- **NEIGHBOR TO NEIGHBOR**
Christ Church - West Annex, 248 East Putnam Avenue, Greenwich, CT 06830
203-622-9208
Website: www.ntnngreenwich.org
- **PEAPOD**
Website: www.peapod.com
- **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**
Greenwich Department of Human Services
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800 or 860-560-2100
Website: www.greenwichct.org
- **TOP CHEF MEALS**
175 Clearbrook Road, Elmsford, NY 10523
914-372-7080
Website: www.topchefmeals.com
Email: orders@topchefmeals.com
- **WEEKEND LUNCH BUNCH**
Greenwich Hospital, Perryridge Road, Greenwich, CT 06830
203-863-3690
Website: www.greenwichhospital.org

GERIATRIC ASSESSMENT

A Geriatric Assessment is a multidimensional, multidisciplinary assessment designed to evaluate an older person's functional ability, physical health, cognition and mental health, and socio-environmental circumstances. It is usually initiated when the family or physician identifies a potential problem. A Geriatric Assessment aids in the diagnosis of medical conditions; development of treatment and follow-up plans; coordination of management of care; and evaluation of long-term care needs and optimal placement. The geriatric assessment differs from a standard medical evaluation by including nonmedical domains; by emphasizing functional capacity and quality of life; and, often, by incorporating a multidisciplinary team. It usually yields a more complete and relevant list of medical problems, functional problems, and psychosocial issues. Well-validated tools and survey instruments for evaluating activities of daily living, hearing, balance and cognition are an important part of the geriatric assessment.

- **BRIDGEPORT HOSPITAL – GERIATRIC ASSESSMENT PROGRAM**
95 Armory Road, Stratford, CT 06614
203-384-3388
Website: www.bridgeporthospital.org

- **CARE MANAGING, LLC**
P.O. BOX 39, Rowayton, CT 06853
203-831-8500
- **DOROTHY ADLER GERIATRIC ASSESSMENT CENTER – YALE**
874 Howard Avenue, New Haven, CT 06519
203-688-6361
Website: www.ynhh.org
- **THE CAREGIVER RESOURCE CENTER**
PO Box 122, Cos Cob, CT 06807
203-861-9833
Website: www.CaregiverResourceCenter.com
- **GERIATRIC ASSESSMENT CENTER – THE GREENS AT CANNONDALE**
435 Danbury Road, Wilton, CT 06897
203-761-1015
Website: www.gapclinicalcare.com
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com
- **MASONICARE’S CENTER FOR OPTIMAL AGING**
22 Masonic Avenue, Wallingford, CT 06492
203-679-5900 or 888-679-9997
Website: www.masonicare.org
- **NEW ENGLAND INSTITUTE FOR NEUROLOGY AND HEADACHE**
30 Buxton Farm Road, Suite 230, Stamford, CT 06905
203-212-4191
Website: www.neinh.com
Email: info@neing.com
- **NORWALK HOSPITAL GERIATRIC ASSESSMENT CENTER**
32 Maple Street, Norwalk, CT 06856
203-852-3112
Website: www.norwalkhospital.org
- **ST. VINCENT’S MEDICAL CENTER – GERIATRIC ASSESSMENT PROGRAM**
203-576-5710
Website: www.stvincents.org
- **STAMFORD HOSPITAL GERIATRIC ASSESSMENT CENTER**
75 Holly Hill Lane, 2nd Floor, Greenwich, CT 06830
292 Long Ridge Road, Suite 103, Stamford, CT 06902
203-276-2516
Website: www.stamfordhealthmedicalgroup.org

- **THE BROWN GERIATRIC EVALUATION CLINIC**
3 Farm Road, New Canaan CT 06840
203-594-5200
Website: www.waveny.org
- **THE CENTER FOR HEALTHY AGING**
Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-4373
Website: <https://www.greenwichhospital.org>
- **JEIWSH SENIOR SERVICES-INSTITUTE ON AGING**
4200 Park Ave., Bridgeport, CT 06604
203-365-6400
Website: www.jseiors.org

GREENWICH HOSPITAL OUTPATIENT & COMMUNITY SUPPORT SERVICES

GREENWICH HOSPITAL
5 Perryridge Road, Greenwich, CT 06830
203-863-3000
Website: www.greenwichhospital.org

- **BENDHEIM CANCER CENTER (Smilow Cancer Hospital)**
Sherman & Gloria H. Cohen Pavilion
77 Lafayette Place, Greenwich, CT 06830
203-863-4350
- **THE CENTER FOR HEALTHY AGING**
203-863-4373
- **DIABETES ASSOCIATION**
800-232-3472
- **LIONS LOW VISION CENTER**
COMMUNITY HEALTH AT GREENWICH HOSPITAL
500 West Putnam Ave. Suite 150, 1st Fl., Greenwich, CT 06830
203-863-4444
- **GREENWICH HOSPITAL HOME HOSPICE PROGRAM**
500 West Putnam Ave., Suite 500, Greenwich, CT 06830
203-863-3883
- **GREENWICH HOSPITAL HEARING, SPEECH AND LANGUAGE CENTER**
203-863-3240
- **OUTPATIENT CENTER – BEHAVIORAL HEALTH CLINIC**
Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-3316

- **OUTPATIENT CENTER - MEDICAL CLINIC**
203-863-3408
- **OUTPATIENT MEDICAL/SURGICAL PROGRAM**
203-863-3408
- **PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH**
108 Sound Beach Ave., Old Greenwich, CT 06870
203-637-1791, ext. 21
- **PHYSICIAN REFERRAL SERVICE- Greenwich Hospital**
203-863-3627
- **PULMONARY LAB**
203-863-3170
- **PHYSICAL & OCCUPATIONAL MEDICINE**
203-863-3290
- **THE RECOVERY PROGRAM**
203-863-4673, 24/7
- **SPEECH PATHOLOGY**
203-863-3000

HEALTH CLINICS

- **AMBULATORY SERVICES AT GREENWICH HOSPITAL**
5 Perryridge Road, Greenwich, CT 06830
203-863-3408
Website: www.greenwichhospital.org
- **CENTER FOR VEIN RESTORATION**
1290 Summer Street Suite 2100, Stamford, CT 06905
844-899-3749
Website: www.centerforvein.com
- **CVS "MINUTECLINICS"**
1-866-389-ASAP
Website: www.cvs.com/minuteclinics
- **COMMUNITY HEALTH CENER, INC.**
141 Franklin Street, Stamford, CT 06901
203-969-0802
Website: www.chc1.com
- **FAMILY CENTERS HEALTH CLINIC**
111 Wilbur Peck Court, Greenwich 06830
203-717-1760
Website: www.familycenters.org

- **FRANKLIN STREET COMMUNITY HEALTH CENTER**
141 Franklin Street, Stamford, CT 06801
203-969-0802
Website: www.chc1.com
- **GERIATRIC PSYCHIATRY**
THE CENTER FOR HEALTH AGING AT GREENWICH HOSPITAL
5 Perryridge Road, Greenwich, CT 06830
203-863-4373
Website: www.greenwichhospital.org
- **GREENWICH DEPARTMENT OF HEALTH**
Department of Health Immunization Clinic
Town Hall, 101 Field Point Road, 3rd Floor, Greenwich, CT 06836
203-622-6495
Website: www.greenwichct.org
- **LION'S LOW VISION CENTER OF FAIRFIELD & NEW HAVEN COUNTIES, INC.**
TOLL FREE 866-319-9733
Website: www.lionslowvisioncenters.org
- **LION'S LOW VISION CENTER AT GREENWICH HOSPITAL**
PHYSICAL MEDICINE & REHABILITATION
5 Perryridge Rd., Greenwich, CT 06830
203-863-3290
Website: www.greenwichhospital.org
- **STAMFORD HEALTH URGENT CARE**
2001 West Main Street, Suite 100, Stamford, CT 06903
203-276-8540
- **VETERAN'S HEALTH & PRIMARY MEDICAL CARE CLINIC (Stamford Hospital)**
1275 Summer St. Suite 102 Stamford, CT 06905
203-325-0649
- **WALK-IN CENTER FOR CONVENIENT MEDICAL CARE**
1200 East Putnam Avenue, Riverside, CT 06878
203-698-1419
-
- **AFC Urgent Care**
3000 Summer Street, Stamford, CT 06805
203-969-2000
Website: www.stamfordteam@afcurgentcare.com
- **WESTMED MEDICAL GROUP - URGENT CARE**
644 West Putnam Avenue – Ground Floor, Greenwich CT 06830
203-210-2810

HEARING IMPAIRED

- **BETTER HEARING AT HOME**
500 West Putnam Ave., Suite 400, Greenwich CT 06830
203-542-7323
Website: www.betterhearingathome.com
 - **BETTINA WOHLFORTH AUDIOLOGY**
100 Melrose Ave. Suite 200, Greenwich, CT 06830
203-661-7879
 - **COMMISSION ON DEAF & HEARING IMPAIRED**
860-697-3570
Website: www.cdhi.ct.gov
 - **RELAY CONNECTICUT CAPTIONED TELEPHONE SERVICE**
800-743-1219 (Voice TTY)
Website: www.relayconnecticut.com
-

HOME CARE GUIDE

Agency requires the following:	CT DOH Licensed Agency	Non DOH Licensed Agency	Placement Registry	Privately Hired Independent Contractor
Requires Administrator, Clinical Director & Nursing Care Coordinator	Yes	No	No	No
Care Plans monitored by RN	Yes	No	No	No
Registered Nurse on call 24/7	Yes	No	No	No
CT DOH makes unannounced visits	Yes	No	No	No
Employee drug testing required	Yes	No	No	No
Employee background checks	Yes	Yes	No	No
Caregivers covered under Worker's Compensation	Yes	Yes	No	No
Agency withholds employee taxes	Yes	Yes	No	No

- **How do I choose a home health agency?**
Remember: When you are shopping for a home care agency, you are seeking a company that will assist you in providing for the health and safety of you or your loved one. Don't be shy about asking any questions that come to mind. And don't hesitate to ask a question more than once if you don't remember the answer or if the first answer was incomplete or unsatisfactory.
- **License and Certification:** Is a state license required for the agency's services? If an agency is supposed to have a state license, but does not, then you should look for another agency.
- **Is the agency certified by Medicare/Medicaid?**
Certified by Medicare/Medicaid: Medicare and Medicaid will only pay for home care provided by a certified home care agency. In order to obtain certification, all home health care agencies that are approved for Medicare/Medicaid payment must meet specific state and federal requirements for patient care and financial management. Non-certification could indicate a problem.
- **Does the agency provide references?**
The agency should provide, upon request, several professional references, including hospitals and social workers that have used their services. Obtain the specific names of individuals and their telephone numbers and call them.
- **Ability to Provide Services**
 - What services does the agency provide?
 - Can the agency provide all the services you need?
 - Will the agency provide a written description of services to be provided?
 - Does the agency provide confirmation or proof of malpractice and liability insurance?
 - Ask the agency if they will develop a personalized care plan designed to meet your individual needs and requirements as determined by your doctor, your family caregivers, the home care agency and you?
How often will this plan be revised and updated?
 - Are services available 24 hours, 7 days a week?
 - Would services begin immediately? If not, how long is the wait?
 - Can the agency make arrangements for the delivery and maintenance of all necessary medical equipment?
 - Can the agency provide training for use of any necessary medical equipment by family caregivers?
 - How long has the agency been providing home health services?
 - Is the agency inspected by an outside organization? Are the inspection reports available?
- **Agency Staff & Training**
 - Does the agency require and verify employee references?
 - What are the employee qualifications and their specific job descriptions?
 - Do the employees receive special training related to caring for home health patients? Is the training ongoing?
- **Costs**
 - What are the total costs of the services you require?
 - Is the agency certified to be paid by Medicare and Medicaid?

- Does the agency bill Medicare or insurance companies directly?
- Are you required to use the services for a minimum number of hours per day or per week?
- Are there deposits, fees, or any extra costs besides those charged for each service?
- How much of the cost will be covered by your insurance coverage and how much will you have to pay out-of-pocket?
- If you have to pay part of the costs, will the agency provide a sliding scale based on income?
- Does the agency provide payment plan options?
- Are all cost and payment expectations in writing?
- How often does the agency bill?

HOME CARE: NON-MEDICAL

Non-medical home care provides a variety of services that might include, but are not limited to, bathing, dressing, feeding and ambulation, planning and preparing meals, light housekeeping and laundry, medication assistance, transportation to activities, companionship and socialization, communication with family members and professionals, shipping and errands and pet care. They provide live-in or hourly care and include fees for service.

- **4 NURSES AT WORK**
9 Michael Street, Norwalk, CT 06854
203-854-6995
Website: www.4nursesatwork.com
- **A PLACE FOR MOM**
203-788-822
Website: www.aplaceformom.com
- **ALMOST FAMILY**
1150 Summer Street 1st FL, Stamford, CT 06905
203-969-0101
Website: www.almostfamily.com
- **AMEDISYS HOME HEALTH**
68 Southfield Ave., Stamford, CT 06902
203-327-2680 or 866-327-5024
Website: www.amedisys.com
- **BRIGHTSTAR CARE OF STAMFORD**
2009 Summer Street, Suite 209, Stamford, CT 06905
203-883-8560
Website: www.brightstarcare.com/stamford

- **BROOK'S HOMECARE**
134 Height Road, Darien, CT 06820
203-655-3400
Website: www.brookeshomecare.net
- **CARE ON CALL, INC.**
253 East Putnam Avenue, Cos Cob, CT 06807
203-324-2273
- **CARING PEOPLE, INC**
155 East Ave., Suite 101, Norwalk, CT 06851
203-956-7686
Website: www.caringpeopleinc.com
Senior living placement service.
- **COMFORCARE**
259 Main Street, Suite 4, Stamford, CT 06901
203-788-0177
Website: www.comforcare.com/connecticut/stamford
- **COMFORT KEEPERS**
124 East Ave., Norwalk, CT 06851
203-629-5029
Website: www.comfortkeepers.com
Email: Greenwich@comfortkeepers.com
- **COMPANIONS & HOMEMAKERS, INC.**
16 Ketchum Street, Westport, CT 06880
203-259-8375
Website: www.companionsandhomemakers.com
Email: info@elderly-care.com
- **COMPASS CARE**
777 Summer Street, Suite #303, Stamford, CT 06901
855-535-2500
Website: www.carewhenyouneedit.com
- **CONNECTICUT IN-HOME ASSISTANCE**
2285 Reservoir Avenue, Trumbull, CT 06611
855 412 2273
Website: www.cthomecare.com
- **CONSTELLATION HEALTH SERVICES**
14 Westport Avenue, Norwalk, CT 06851
203-845-8000
Website: www.constellation.com
- **ELIZABETH'S HOME HEALTH CARE AGENCY**
127 Cedar Street, Branson, CT 06405
203-488-8889
Website: www.ehhca.com

- **EURO HOMECARE, LLC.**
17 Pierce Street, Plainville, CT 06062
860-793-9944
Website: www.eurohomecare.net
- **FAMILY & CHILDREN'S AGENCY HOMECARE**
140 Water Street, Norwalk, CT 06854
203-831-2900, Fax: 203-831-2904
Website: www.familyandchildrensagency.org
- **FAMILY CARE PLUS**
2573 Main Street, Stratford, CT 06615
877- 887-CARE
Website: www.familycareplus.com
- **FAMILY & CHILDREN'S AGENCY - HOMECARE**
140 Water Street, Norwalk, CT 06856
203-831-2900
Website: www.FamilyandChildrensAgency.org
- **FIRSTLIGHT HOME CARE**
20 North Main Street, Norwalk, CT 06854
203-636-3991
Website: www.firstlighthomecare.com
- **GREENWICH DEPARTMENT OF HUMAN SERVICES/HOMEMAKERS**
Town Hall, 101 Field Point Rd., Greenwich, CT 06830
203-622-3801
Website: www.greenwichct.org
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com
- **HEAVENLY HEARTS HOME CARE**
P.O. Box 113149, Stamford, CT 06902
203-243-9343 or 914-316-4430
Website: www.Heavenlyheartshomecare.com
Email: heavenlyheartshomecare@yahoo.com
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com

- **HEMOCARE BY RVNA**
90 East Ridge, Ridgefield, CT 06877
203-894-5000
Website: www.hcrvna.com
- **HOME CARE ON CALL**
354 Pequot Ave., Southport, CT 06890
203-292-3081 Fax; 203-955-1620
Website: www.homecareoncallct.com
- **HOME CHOICE SENIOR CARE**
21 Charles Street, Westport, CT 06880
203-227-5040
Website: www.homechoiceseniorcarect.com
- **HEMOWATCH CAREGIVERS OF FAIRFIELD COUNTY**
30 Oakwood Ave, Norwalk, CT 06850
203-900-8020
Website: www.hwcg.com/norwalk
- **HOME HELPERS**
15 East Putnam Ave #134, Greenwich, CT 06830
203-680-9148
Website: www.homehelpershomecare.com/greenwich
- **HOME INSTEAD SENIOR CARE**
158 East Avenue, Norwalk, CT 06851
203-853-0370
Website: www.homeinstead.com
- **HEMOWATCH CAREGIVER OF FAIRFIELD COUNTY**
30 Oakwood Ave, Norwalk, CT 06850
203-900-8020
Website: www.hwcg.com/norwalk
- **HEMOWELL SENIOR CARE OF FAIRFIELD COUNTY**
40 Richards Ave., 3rd Floor, Norwalk, CT 06854
203-404-5007
Website: www.homewellseniorcare.com/fairfield
- **INTERIM HEALTH CARE, INC.**
1177 High Ridge Road, Stamford, CT 06905
203-309-0606
Website: www.interimhealthcare.com
- **JEWISH FAMILY SERVICE OF STAMFORD**
733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
Email: info@ctjfs.org

- **JEWISH SENIOR SERVICES-FRIEDMAN HOME CARE**
6400 Park Ave., Bridgeport, CT 06604
203-365-6400
Website: www.jseniors.org
- **PREMIER HOME HEALTH CARE of CT**
777 Summer Street, Suite 401, Stamford, CT 06901
203-323-3000
Website: www.premierhomehealthcare.com
- **QUALITY CARE SERVICES, LLC.**
1698 Post Road, Westport, CT 06880
203-227-4480
Website: www.qualitycareservices.com
- **RIGHT AT HOME**
7 Tokeneke Rd., Darien, CT 06820
203-202-9488
Website: www.rightathome.net/darien/
Email: info@homecarerah.com
- **SENIOR HELPERS**
203-930-1589
Website: www.seniorhelpers.com
Email: fairfieldcounty@seniorhelpers.com
- **STEPS HOME CARE**
2 Greenwich Office Park, Suite 300, Greenwich, CT 06831
203-590-1060
Website: www.stepshomecare.com
Email: info@stepshomecare.com
- **STERLING CARE**
235 Glenville Road 3rd Floor, Greenwich, CT 06831
203-532-0500
Website: www.sterlingcare.com
Email: info@sterlingcare.com
- **SYNERGY HOME CARE**
1200 Summer St. Suite 105, Stamford, CT 06905
203-661-6969
Website: www.synergyhomecare.com
- **VISITING ANGELS**
1266 E. Main Street, Suite 700 Stamford, CT 06902
203-658-8800
Website: www.visitingangels.com/stamford
- **WAVENY AT HOME**
3 Farm Road, New Canaan, CT 06840
203-594-5249
Website: www.waveny.org

HOME CARE: SKILLED NURSING SERVICES

Homecare with skilled nursing services can provide full service home care services that include Skilled Nurses, PT, OT and Speech Therapists, CNA's and Home Health Aides. Home health care consists of a wide range of skilled health care services that can be given in your home for an illness or injury.

- **AMEDISYS HOME HEALTH**
68 Southfield Ave. Suite 215, Stamford, CT 06902
203-327-2680
Website: www.amedisys.com
- **BAYADA NURSES**
200 Connecticut Avenue, Norwalk, CT 06851
203-854-5100
Website: www.bayada.com
- **CONNECTICUT IN-HOME ASSISTANCE**
2285 Reservoir Avenue, Trumbull, CT 06611
855-412-CARE
Website: www.cthomecare.com
Email: info@cthomecare.com
- **GREENWICH HOME CARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
e-mail: greenwichhomecare@greenwichhomecae.com
- **PRIVATUS CARE SOLUTIONS**
15 Valley Drive, Greenwich, CT 06831
203-987-3083
Website: www.privatuscare.com
- **REGALCARE AT GREENWICH**
1188 King Street, Greenwich, CT 06831
203-531-8300
Website: www.regalcaregreenwich.com
- **RVNA (RIDGEFIELD VISITING NURSE ASSOCIATION)**
90 East Ridge, Ridgefield, CT 06877
203-438-5555
Website: www.ridgefieldvna.org

- **STERLING CARE**
235 Glenville Road, 3rd Floor, Greenwich, CT 06831
203-532-0500
Website: www.sterlingcare.com
Email: info@sterlingcare.com
- **UTOPIA HOME CARE INC**
4697 Main Street, Bridgeport, CT 06606
800-227-3449 or 203-650-0324
Website: www.utopiahomecare.com
- **VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY**
761 Main Ave, Suite 114, Norwalk, CT 06851
800-898-HOME
Website: www.visitingnurse.net
- **WAVENY HOME HEALTHCARE**
3 Farm Road, New Canaan, CT 06840
203-594-5249
Website: www.waenyhomehealthcare.org
or www.waveny.org

HOSPICE CARE

Hospice is a program and philosophy of care dedicated to improving the quality of life for both patients with advanced illness and their families. Home hospice services support a patient's choice to remain at home and include: skilled nursing, physical and occupational therapies, home health aides, nutritional counseling, psychological and spiritual support and the companionship of dedicated volunteers

- **CONNECTICUT VNA**
535 Connecticut Ave., Norwalk, CT 06854
888-482-8862, 203-831-8882, Greenwich satellite office 203-537-1393
Website: www.connecticutvna.org
- **GREENWICH HOSPITAL HOME HOSPICE PROGRAM**
500 West Putnam Ave., Suite 500, Greenwich, CT 06830
203-863-3883
Website: www.greenwichhospital.com
- **JEWISH SENIOR SERVICES-CHAIFETZ FAMILY HOSPICE**
4200 Park Ave., Bridgeport, CT 06604
203-396-1136
Website: www.jseniors.org/hospice

- **FAIRFIELD COUNTY HOSPICE HOUSE**
1 Den Road, Stamford, CT 06903
203-323-1412
Website: www.fchospicehouse.org
- **GREENWICH HOMECARE**
7 Benedict Place, Greenwich, CT 06830
203-489-3333
Website: www.greenwichhomecare.com
Email: greenwichhomecare@greenwichhomecare.com
- **MASONICARE HOME HEALTH & HOSPICE**
104 South Turnpike Road, Wallingford, CT 06492
888-482-8862 Fax: 888-277-6796 General Questions 888-679-9997
Website: www.info@masonicare.org
- **REGALCARE AT GREENWICH**
1188 King Street, Greenwich, CT 06831
203-531-8300
Website: www.regalcaregreenwich.com
- **UTOPIA HOME CARE INC.**
500 Summer St., Stamford, CT 06902
203-388-0561
Website: www.utopiahomecare.com
- **VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY**
P.O. Box 489, Wilton, CT 06897
203-762-8958 or 800-898-HOME
Website: www.visitingnurse.net
Email: info@visitingnurse.net
- **VISITING NURSE AND HOSPICE CARE OF SOUTHWEST CONNECTICUT**
1266 East Main Street, Stamford, CT 06902
203-276-3000
Website: www.vnhcsw.org
- **VITAS INNOVATIVE HOSPICE CARE**
99 Hawley Lane Suite 1204, Stratford, CT 06614-1204
203-455-3300 or 1-800-938-4827
Website: www.VITAS.com
- **VISITING NURSE AND HOSPICE OF FAIRFIELD COUNTY**
761 Main Avenue, Suite 114, Norwalk, CT 06851
800-898-HOME
Website: www.visitingnurse.net
Email: info@visitingnurse.net

HOUSING: ACCESSORY APARTMENTS

A resident homeowner may convert part of his/her home into a small apartment with kitchen. Either the apartment or main part of the house must be occupied by someone 62 years or older. Applications and further information regarding accessory apartment conversion can be obtained by visiting or calling the Planning & Zoning Commission at Town Hall.

- **PLANNING & ZONING COMMISSION**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-7894
Website: www.greenwichct.org

HOUSING: ASSISTED LIVING

Assisted living facilities offer a housing alternative for older adults who may need help with dressing, bathing, eating, etc.... but do not require the intensive medical and nursing care provided in nursing homes. Assisted living facilities may be part of a retirement community, nursing home, senior housing complex, or may stand-alone. Licensing requirements for assisted living facilities vary by state.

- **ASSISTED LIVING LOCATORS OF WESTERN CT**
174 Round Hill Rd, Greenwich, CT 06831
203-651-6866
Website: www.WesternCT.AssistedLivingLocators.com
- **ATRIA SENIOR LIVING - DARIEN**
50 Ledge Road, Darien, CT 06820
203-662-1090
Website: www.atriadarien.com
- **ATRIA SENIOR LIVING - STAMFORD**
77 Third Street, Stamford, CT 06905
203-989-4916
Website: www.atriastamford.com
- **BRIDGES BY EPOCH**
123 Richards Avenue, Norwalk, CT 06854
203-523-0510
Website: www.bridgesbyepoch.com

- **BRIGHTON GARDENS OF STAMFORD – Sunrise Senior Living**
59 Roxbury Road, Stamford, CT 06902
203-322-2100
Website: www.bgstamford.com
- **THE BRISTAL – ASSISTED LIVING**
90 Business Park Drive, Armonk, NY 10594
914-269-2375
Website: www.thebristal.com/armonk
- **CARE PATROL**
70 Sylvan Rd N, Westport, CT 06880
203-244-9562
Website: www.carepatrolct.com
- **EDGEHILL**
122 Palmers Hill Road, Stamford, CT 06902
203-595-2315
Website: www.edgehillcommunity.com
- **THE GREENS AT GREENWICH**
1155 King Street, Greenwich, CT 06831
203-531-5500, Daily
Website: www.thegreensatgreenwich.com
- **THE KENSINGTON ASSISTED LIVING RESIDENCE**
100 Maple Avenue, White Plains, NY 10601
914-390-0080
Website: www.thekensingtonal.com
Email: concierge@kinsingtonsl.com
- **MAPLEWOOD AT DARIEN**
599 Boston Post Road, Darien, CT 06820
203-293-6872
Website: www.maplewoodatdarien.com
- **MAPLEWOOD AT STRAWBERRY HILL - NORWALK**
73 Strawberry Hill Avenue, East Norwalk, CT 06855
203-293-6554
Website: www.maplewoodatstrawberryhill.com
- **OASIS – SENIOR ADVISORS**
1127 High Ridge Road, Stamford, CT 06905
475-619-4123
Website: www.FairfieldCounty.OasisSeniorAdvisors.com
Email: thedoyles@youtoasisadvisor.com
- **THE OSBORN RETIREMENT COMMUNITY**
101 Theall Road, Rye, NY 10580
914-925-8000
Website: www.osbornhomecare.org

- **THE RESIDENCE AT SUMMER STREET**
14 2nd Street Stamford CT 06905
203-883-1510
Website: www.residencesummerstreet.com
- **Sunrise of Stamford**
251 Turn of River Rd, Stamford, CT 06905
(203) 968-8393
Website: www.sunriseseniorliving.com
- **THE VILLAGE AT WAVENY CARE CENTER**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org

HOUSING: CONGREGATE & INDEPENDENT

Congregate/Independent Living is an arrangement for healthy older adults in which residents live in their own apartments and may take their meals in a common dining room, with various opportunities for socialization with other residents. Housekeeping and maintenance services are provided, but health maintenance services are scheduled independently by the residents. Congregate Living facilities are also referred to as Independent Living Facilities.

- **HILL HOUSE**
10 Riverside Avenue, Riverside, CT 06878
203-637-3177
Website: www.thehillhouse.org
- **THE MEWS**
½ Bolling Place, Greenwich, CT 06830
203-869-9448
Website: www.themewsingreenwich.org
Email: marketing@themewsingreenwich.org
- **THE OSBORN RETIREMENT COMMUNITY**
101 Theall Road, Rye, NY 10580
914-925-8000
Website: www.osbornhomecare.org
- **THE RESIDENCE AT SUMMER STREET**
14 2nd Street Stamford CT 06905
203-883-1510
Website: www.residencesummerstreet.com

- **PARSONAGE COTTAGE SENIOR RESIDENCE**

88 parsonage Road, Greenwich, CT 06830

203-869-6226

Website: www.parsonagecottage.org

HOUSING: NEIGHBORING COMMUNITIES

- Atria Rye Brook, NY: 914-939-2900 (Independent and Assisted)
 - Atria Stamford, CT: 203-989-4916 (Independent and Assisted)
 - Atria Darien, CT: 203-662-1090 (Independent and Assisted)
 - Brighton Gardens, Stamford, CT: 203-322-2100 (Assisted)
 - The Bristol, Armonk, NY: 914-269-2375 (Independent and Assisted)
 - Edgehill Lifecare Community, Stamford, CT: 203-595-2315 (Independent and Assisted)
 - The Inn, New Canaan, CT: 203-594-5450 (Independent)
 - Maplewood at Darien, Darien, CT: 203-293-6872
 - Maplewood at Strawberry Hill, Norwalk, CT: 203-293-6554
 - The Osborn, Rye, NY: 914-925-8205 (Independent and Assisted)
 - The Residence at Summer Street, Stamford, CT 203-883-1510
 - Ridgefield Crossings, Ridgefield, CT: 203-431-2255 (Independent and Assisted)
 - Scofield Manor, Stamford, CT: 203-325-0200
 - Sunrise Assisted Living, Stamford, CT: 203-968-8393 (Assisted)
-

HOUSING: PLACEMENT SERVICES

- **A PLACE FOR MOM**
203-788-8922
Website: www.aplaceformom.com
- **ASSISTED LIVING DIRECTORY**
Website: www.assisted-living-directory.com/content/greenwich.cfm
- **ASSISTED LIVING LOCATORS OF WESTERN CT**
174 Round Hill Rd, Greenwich, CT 06831
203-651-6866
Website: www.WesternCT.AssistedLivingLocators.com
- **CARE PATROL**
70 Sylvan Rd N, Westport, CT 06880
203-244-9562
Website: www.carepatrolct.com

- **CARING**
Riverside, CT 06878
888-979-9528
Website: www.caring.com
- **OASIS – SENIOR ADVISORS**
Lifestyle Options for Senior Living
475-619-4123
Website: www.FairfieldCounty.OasisSeniorAdvisors.com

HOUSING: SENIOR

- **BISHOP CURTIS HOMES OF GREENWICH**
1040 East Putnam Avenue, Riverside, CT 06878
203-637-8065
- **GLADHAVEN**
10 Bishop Drive, South, Rye Brook, NY 10573
914-939-5842
Website: www.gladhaven.org
Email: www.gladhaven1@optonline.net
- **GREENWICH HOUSING AUTHORITY**
249 Milbank Avenue (Agnes Morley Heights), Greenwich, CT 06830
203-869-1138
Website: www.greenwichhousing.org
Agnes Morley Heights - 249 Milbank Avenue (1973 - 150 units)
Quarry Knoll I - Quarry Knoll Drive (1962 - 50 units)
Quarry Knoll II - Quarry Knoll Drive (1980 - 40 units)
McKinney Terrace - Vinci Drive (1988 - 51 units)
- **THE INN - Waveny LifeCare Network**
73 Oenoke Ridge, New Canaan CT 06840
203-594-5450
Website: www.waveny.org
- **PARSONAGE COTTAGE SENIOR RESIDENCE**
88 Parsonage Road, Greenwich, CT 06830
203-869-6226
Website: www.parsonagecottage.org
- **PAVILION HOUSE**
70 Parsonage Road, Greenwich CT. 06831
203-618-4200

HOUSING: SUPPORTIVE FOR DISABLED

- **ABILIS**
50 Glenville Street, Greenwich CT 06831
203.531.1880; Fax: 203.531.9367
Website: www.abilis.us
- **COMMUNITY CHOICES**
1-800-994-9422
Website: www.ct.gov/communitychoices
- **PATHWAYS, Inc.**
175 Milbank Avenue, Greenwich, CT 06830
203-869-5656
Website: www.pathways-greenwich.org

IN HOME SERVICES

- **DOORBELL BARBAERS & SALON**
203-521-8450
In home service.
Website: www.doorbellbarbaers.com www.doorbellsalon.com

INFORMATION AND REFERRAL

Information and Referral (I&R) is the art, science, and practice of bringing people and services together.

- **ALTICE**
844-358-3147
Website: www.optimumconnects.com
- **ASSISTED LIVING LOCATORS OF WESTERN CT**
174 Round Hill Rd, Greenwich, CT 06831
203-651-6866
Website: www.WesternCT.AssistedLivingLocators.com

- **AT HOME IN GREENWICH**
139 East Putnam Avenue, Greenwich, CT 06830
203-422-2342
Website: www.athomeingreenwich.org
- Email: director@athomeingreenwich.org
- **BOARD OF EDUCATION AND SERVICES FOR THE BLIND**
184 Windsor Avenue, Windsor, CT 06095
860-602-4000
Website: www.ct.gov/besb
- **THE CAREGIVER RESOURCE CENTER**
P.O. Box 122, Cos Cob, CT 06807-0122
203-861-9833
- **COMMUNITY CHOICES**
1-800-994-9422
WEBSITE: www.ct.gov/communitychoices
- **CONSUMER COMPLIANT HELPLINE-CT ATTORNEY GENERAL**
860-808-5318
- **DENTAL ASSOCIATION OF AMERICA**
312-440-2500
- **DEPARTMENT – CONSUMER AFFAIRS**
800-203-3447 or 860-297-3900
Website: www.ct.gov/cid
- **Elayne James Schoke**
Jewish Family Service of Stamford
733 Summer St. Stamford, CT 06901
203-921--4161
Website: www.ctifs.org
- **ELDERCARE LOCATOR**
800-677-1116
Website: www.eldercare.gov
- **ELDERCARD MADE SIMPLE**
80 Fourth Street, Stamford, CT 06905
203-388-8696
Website: www.Eldercaremadesimple.com
- **GREENWICH COMMISSION ON AGING/FAMILY CENTERS, INC.**
HEALTH INSURANCE COUNSELING PROGRAM
299 Greenwich Avenue, Greenwich, CT 06830
203 862-6710
Website: www.greenwichct.org

- **GROWING OPTIONS**
590D Heritage Vlg, Southbury, CT 06488
203-258-2640
Website: www.growingoptions.com
Email: info@growingoptions.com
- **INFOLINE 211**
Or 800-203-1234
- **JM CARE MANAGEMENT**
P.O. Box 434 Riverside, CT 06878
203-216-1635
- **SBG SENIOR LIFE CONSULTANTS**
1511 Route 22 #257, Brewster, NY 10509
914-220-2933
Website: www.sbgseNIorlifeconsultants.com
- **SILVERSOURCE, INC.**
2009 Summer Street, Suite 301, Stamford, CT 06905
203-324-6584
Website: www.silversource.org
- **SOUTHWESTERN CT AGENCY ON AGING, INC.**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org
- **STAMFORD SENIOR CENTER**
888 Washington Boulevard, Stamford, CT 06901
203-977-5151
Website: www.stamfordseniorct.org
- **STATE OF CONNECTICUT: ATTORNEY GENERAL'S OFFICE**
55 Elm Street, Hartford, CT 06106
860-808-5318
Website: www.ct.gov/ag
- **STERLING CARE**
235 Glenville Road, Greenwich, CT 06831
203-532-0500
Website: www.sterlingcare.com
- **TEWES CARES ADULT, AGING & DISABILITY CARE MANAGER**
286 Lynn Pl., Ridgefield, CT 06877
203-826-9206
Website: www.TewesCares.com

- **WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES**
9 South First Avenue, 10th floor, Mt. Vernon, NY 10550-3414
914-813-6400
Website: <http://seniorcitizens.westchestergov.com/>

INSURANCE COUNSELING

- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org

LEGAL ASSISTANCE

- **AIDS LEGAL NETWORK FOR CT (ALN)**
999 Asylum Avenue, 3rd Floor, Hartford, CT
860-541-5000
Website: www.ghla.org/aln
Email: AIDSLegalNetwork@ghla.org
- **ATTORNEY REFERRAL (American Bar Assoc.)**
203-285-222`1
- **BETTER BUSINESS BUREAU**
29 Berlin Rd., Cromwell, CT 06416
860-740-4500
Website: www.bbb.org/connecticut
- **CENTER FOR MEDICARE ADVOCACY**
860-456-7790 or 800-262-4414
Website: www.medicareadvocacy.org
- **CONNECTICUT BAR ASSOCIATION**
Website: www.ctbar.org
- **CONNECTICUT FAIR HOUSING CENTER**
221 Main Street, Hartford, CT 06106
860-247-4400, 9 a.m. – 5:00 p.m. Monday - Friday
Website: www.ctfairhousing.org

- **CONNECTICUT LAW HELP**
Website: www.CTLawHelp.org
- **CONNECTICUT LEGAL SERVICES**
211 State Street PO Box 8400, Bridgeport, CT 06601
800-453-3320
Website: www.ctlegal.org
- **CONSUMER LAW PROJECT FOR ELDERS HOTLINE**
800-296-1467
Website: www.ctelderlaw.org
- **CT DEPARTMENT OF SOCIAL SERVICES (ELDER SERVICES)**
860-424-5274
Website: www.ctlawhelp.org
- **DEPARTMENT OF CONSUMER PROTECTION - CONNECTICUT**
450 Columbus Blvd, Hartford, CT 06103
800-842-2649
Website: www.ct.gov
- **DOVETAIL RESOLUTIONS, LLC (MEDIATION/FACILITATION/CONSULTING)**
24 Dixwell Avenue, #214, New Haven, CT 06511
203-887-1160
Website: www.dovetailresolutions.com
Email: jb@dovetailresolutions.com
- **EVICITION AND FORECLOSURE PREVENTION PROGRAM**
860-270-8081
Website: www.ct.gov/doh/cwp
- **FAIRFIELD COUNTY LAWYER REFERRAL SERVICE**
1057 Broad Street, 4th Floor, Bridgeport, CT 06604
203-335-4116
Website: www.fairfieldlawyerreferral.com
www.bridgeportbar.org/fairfield-county-lawyer-referral-service
Email: LRService04@yahoo.com
- **GREENWICH BAR ASSOCIATION**
203-622-0993
Website: www.greenwichbar.org
- **LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS**
Naval Legal Service Office
84 Grayling Avenue, Groton, CT 06349
860-694-3741
Website: cnic.navy.mil/newlondon

- **Academy Legal Office**
U.S. Coast Guard Academy
31 Mohegan Avenue, New London, CT 06320
860-701-6795
Website: www.CGALegal@uscg.mil
- **LEGAL ASSISTANCE TO MEDICAL PATIENTS (LAMP)**
South Western Connecticut
Connecticut Legal Services, Inc. (CLS)
211 State Street, Bridgeport, Connecticut 06604
800-809-4434 or 203-336-3851
Website: www.ctlawhelp.org
- **NATIONAL ACADEMY OF ELDER LAW ATTORNEY'S, INC.**
Website: www.naela.org
- **NATIONAL ELDER LAW FOUNDATION**
520-881-1076
Website: www.nelf.org
- **STATEWIDE LEGAL SERVICES OF CONNECTICUT**
800-453-3320
Bridgeport Office: 203-336-3851
Stamford Office: 203-348-9216
Website: www.slsct.org
- **THE DISPUTE SETTLEMENT CENTER, INC.**
(DSC) of Connecticut (MEDIATION)
5 Mott Ave, Suite 2, Norwalk, CT 06850
203-831-8012
Website: www.dscct.org
- **THE NEW ENGLAND PENSION ASSISTANCE PROJECT**
888-425-6067 or 617-287-7307
Website: www.umb.edu/pension

LEGAL - COURTS

- **CT JUDICIAL BRANCH/SUPERIOR COURT/HOUSING COURT**
17 Belden Avenue, Norwalk, Ct 06850
203-846-4332
- **GovEngine.com**
Federal, State and Local Government Site on the Internet
Website: www.govengine.com
- **STATE OF CONNECTICUT JUDICIAL BRANCH**
Website: www.jud.ct.gov

- **PROBATE COURT**

Greenwich Town Hall, 1st Floor, 101 Field Point Rd., Greenwich, CT 06830
203-622-7879

Website: www.greenwichct.org

LIFE PLANNING: ADVANCE DIRECTIVES

What is an Advance Directive? An advance directive is a legal document through which you may provide your wishes concerning your health care and /or to appoint someone to act on your behalf. An Advance Directive will allow you to make your wishes known as far as what kind of medical treatment you want or don't want, when you are unable to do so.

Advance Directives are prepared before any condition or circumstance occurs that causes you to be unable to actively make a decision about your health care.

In Connecticut, advance directives include:

- the living will and health care instructions
- the appointment of a health care representative

An informational packet "Your Rights to Make Health Care Decisions: A Summary of Connecticut Law" can be found by visiting the following sites:

- **The Office of Attorney General George Jepsen**

Website: www.ct.gov/ag

- **CONNECTICUT DEPARTMENT OF SOCIAL SERVICES
Bureau of Aging, Community and Social Work Services
Aging Services Division [State Unit on Aging]**

25 Sigourney Street, Hartford, CT 06106

Website: www.ct.gov/agingservices

- **GREENWICH HOSPITAL**

5 Perryridge Road, Greenwich, CT 06830

203-863-3000

Website: www.greenwichhospital.org

- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**

1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604

203-333-9288 or 800-994-9422

Website: www.swcaa.org

LONG TERM CARE: GREENWICH

Long-term care (LTC) is a variety of services which help meet both the medical and non-medical needs of people with a chronic illness or disability who cannot care for themselves for long periods.

- **COMFORCARE HOME CARE**
259 Main Street, Suite 34, Stamford, CT 06901
203-705-022
Website: www.comforcare.com/stamford
- **GREENWICH WOODS REHABILITATION & HEALTH CARE CENTER**
1165 King Street, Greenwich, CT 06831
203-531-1335
Website: www.greenwichwoods.com
Email: greenwichwoods@aol.com
- **THE NATHANIEL WITHERELL**
70 Parsonage Road, Greenwich, CT 06830
203-618-4232
Website: www.thenathanielwitherell.org
- **REGALCARE AT GREENWICH**
1188 King Street, Greenwich, CT 06831
203-347-1302
Website: www.regalcaregreenwich.com
Email: info@RegalCare.com

LONG TERM CARE: NEIGHBORING COMMUNITIES

- **A PLACE FOR MOM**
203-788-8922
Website: www.aplaceformom.com
- **ASSISTED LIVING LOCATORS OF WESTERN CT**
174 Round Hill Rd, Greenwich, CT 06831
203-651-6866
Website: www.WesternCT.AssistedLivingLocators.com
- **CARE PATROL**
70 Sylvan Rd N, Westport, CT 06880
203-244-9562
Website: www.carepatrolct.com

- **THE ENCLAVE AT PORT CHESTER**
1000 High Street, Port Chester, NY 10573
914-937-1200
Website: www.theenclaverehab.com
- **JEWISH SENIOR SERVICES**
4200 Park Ave., Bridgeport, CT 06604
203-365 6400
Website: www.jseniors.org
- **KING STREET REHAB**
787 King Street, Rye Brook, NY 10573
914-937-5800
Website: www.kingstreetrehab.com
Email: reception@kingstreetrehab.com
- **LONG RIDGE POST-ACUTE CARE**
710 Long Ridge Road, Stamford, CT 06902
203-329-4026
Website: www.longridgepac.com
- **OASIS – SENIOR ADVISORS**
Lifestyle Options for Senior Living
1127 High Ridge Rd., Stamford, CT 06902
475-619-4123
Website: www.FairfieldCounty.OasisSeniorAdvisors.com
- **ST. CAMILLUS HEALTH CENTER**
494 Elm Street, Stamford, CT 06902
203-325-0200
Website: www.stcamillus.com
- **WAVENY CARE CENTER**
3 Farm Road, New Canaan CT 06840
203-594-5200
Website: www.waveny.org

LONG TERM CARE: SERVICES AND SUPPORT

- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org

Connecticut Home Care for Elders (CHCPE)

This program provides services to help eligible residents live in the community. Eligible applicants must be 65 years of age or older, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications and toileting. CHCPE helps clients continue living at home instead of going to a nursing home. Each applicant's needs are reviewed to determine if he/she may remain at home with the help of home care services.

Community Options (Medicaid waivers), including Personal Care Assistance, Acquired Brain Injury, Katie Beckett, Department of Developmental Services, Department of Mental Health and Addiction Services.

Money Follows the Person

If you or a loved one are in an institutionalized setting, such as a nursing home, and would like to learn more about your options to move to the community, Connecticut's Money Follows the Person program may be able to help. The state offers assessment, case management and transition services to assist people based on their individual needs.

LONG TERM CARE: OMBUDSMAN PROGRAM

The Ombudsman Program is mandated by the Older Americans Act to protect the health, safety, welfare and rights of residents and applicants of nursing homes, residential care homes and assisted living communities. The Ombudsman investigates complaints from residents and family members and is responsible for monitoring state and federal laws and regulations affecting long term care residents and making recommendations for improvements. All Ombudsman activity is performed on behalf of and at the direction of these residents. Communication with residents, their family members or legal guardians is held in strict confidence.

- **CONNECTICUT DEPARTMENT OF SOCIAL SERVICES
REGIONAL OMBUDSMAN**
1057 Broad Street, Bridgeport, CT 06106
203-551-5530
Website: www.ct.gov/ltcop
- **STATE DEPARTMENT ON AGING
LONG TERM CARE OMBUDSMAN PROGRAM (LTCOP)**
55 Farmington Avenue | Hartford, CT 06105-3730
860-424-5200
Website: www.ct.gov/ltcop
- **SOUTHWEST CT REGIONAL LONG TERM CARE OMBUDSMAN**
203-551-5531

MEDICARE

- **The MEDICARE PROGRAM has four parts:**
Traditional Medicare:
Part A (Hospital Insurance)
Part B (Medical Insurance)
Part C (Medicare Advantage) This is NOT a Medigap Plan)
Part D (Rx Drug Coverage)
 - **MEDICARE Parts A & B ENROLLMENT:**
There are 3 types of “Enrollment Periods” for traditional Medicare Parts A & B.*
 1. **INITIAL ENROLLMENT:** The INITIAL ENROLLMENT PERIOD for traditional Medicare is 7 months long. It begins three months before the month you turn 65, includes the month you turn 65 and ends three months after the month you turn 65.
 2. **SPECIAL ENROLLMENT PERIOD:** SPECIAL ENROLLMENT PERIODS apply for those who are still working at age 65 and have coverage through their employer or through their spouse's active employment. A SPECIAL ENROLLMENT PERIOD begins the month after the employee coverage ends or employment ends (whichever comes first) and lasts for eight months.
 3. **GENERAL ENROLLMENT PERIOD:** The GENERAL ENROLLMENT PERIOD occurs the first 3 months of every year (January 1 to March 31st). You may enroll during these three months but your Part B coverage won't begin until July 1st of that year. A penalty will be assessed for late enrollment. Individuals on Medicare Savings Programs obtain Medicare Part B on the date the State starts paying for the Part B premium.
- Website:** www.medicare.gov
- *Enrollment in Medicare is handled by the Social Security Administration**
- **MEDICARE PART D (Rx Drug Coverage) & MEDICARE ADVANTAGE (Medicare C) ANNUAL ELECTION PERIODS:**
The ANNUAL ELECTION PERIODS for Medicare D and Medicare Advantage Plans occurs October 15th through December 7th of every year. Coverage begins January 1st of the following year. A late enrollment penalty applies if you did not enroll during your INITIAL ENROLLMENT PERIOD and don't qualify for a SPECIAL ENROLLMENT PERIOD (Medicare Savings Programs recipients are not subject to late enrollment fees.)
 - **MEDICARE ADVANTAGE PLAN DISENROLLMENT:**
The 45day disenrollment period begins January 1st and ends February 14th. The Annual Disenrollment period is designed to allow you to do one thing: Cancel your Medicare Advantage Plan membership and return to original Medicare. Once you cancel your Medicare Advantage Plan you have a couple of choices.

Return to traditional Medicare and purchase a stand-alone Part D Plan.
Purchase a Medigap policy and a stand-alone Part D Plan.

- **MEDICARE SAVINGS PROGRAMS:**

Medicare Savings Programs are a group of programs that provide financial assistance in paying Medicare premiums and in some cases co-pays and deductibles. There are three MSP programs each with their own income guidelines. The programs are:

QMB (Qualified Medicare Beneficiary)

SLMB (Specified Low Income Medicare Beneficiary)

ALMB (Additional Low Income Medicare Beneficiary)

- **CENTER FOR MEDICARE ADVOCACY, INC.**

11 Ledgebrook Dr, Mansfield Center, CT 06250

860-456-7790

Website: www.medicareadvocacy.org

- **CONNECTICUT-DEPT. OF SOCIAL SERVICES – REGIONAL OBUDESMAN**

1057 Broad Street, Bridgeport, CT 06106

203-551-5530

Website: www.ctgov/itcop

- **HEALTH INSURANCE COUNSELING PROGRAM**

Greenwich Commission on Aging/Family Centers, Inc.

299 Greenwich Avenue, Greenwich, CT 06830

203 862-6710

Website: www.greenwichct.org

- **MEDICARE**

2 Landmark Square, Suite 105, Stamford, CT 06901

866-770-1881 or 800-772-1213

Website: www.ssa.gov - Social Security Administration

Website: www.medicare.gov - Medicare

- **MEDICARE ISSUES HOTLINE**

800-633-4227

WEBSITE: www.medicare.gov

- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**

1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604

203-333-9288 or 800-994-9422

Website: www.swcaa.org

MEDICARE SUPPLEMENTAL INSURANCE & LONG TERM CARE INSURANCE

- **HEALTH INSURANCE COUNSELING PROGRAM**
Greenwich Commission on Aging/Family Centers, Inc.
299 Greenwich Avenue, Greenwich, CT 06830
203 862-6710
Website: www.greenwichct.org
- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org

MEDICAID TITLE 19

Website: www.medicaid.gov

- **CT DEPARTMENT OF SOCIAL SERVICES (ELDER SERVICES)**
860-424-5274
Website: www.ctlawhelp.org
- **MEDICAID TITLE 19 – State Department of Social Services/CT**
55 Farmington Avenue, Hartford, CT 06105-3730
866-663-9300 or 203-251-9300
Website: www.ct.gov/dss
- **THE MEDICAID WAIVERS**
CT has seven Medicaid waivers also known as 1915 (c) waivers. These are individual service packages that allow individuals who are at a skilled nursing home level of care to receive long term care services in the community with home and community based services. Although all waivers have the same income and asset qualifications, they don't all have the same functional and diagnostic criteria in order to qualify. Extensive waiting lists apply for many of the waivers except the CT Home Care Program for Elders and WISE program.
- **CONNMAP (Medical Assignment)** ConnMAP is the Connecticut Medicare Assignment Program. It is open to Connecticut residents enrolled in Medicare Part B (people over age 65 and qualifying younger disabled people). Participants receive a ConnMAP card, which they show to providers prior to treatment.
25 Sigourney Street, Hartford, CT 06106
800-443-9946, 860-424-4925

- **ConnPACE: Connecticut Pharmaceutical Assistance Program for the Elderly**
The Connecticut Pharmaceutical Assistance Contract for the Elderly and Disabled Program is more commonly referred to as ConnPACE. This program provides financial assistance to non-Medicaid eligible seniors to help them afford their out-of-pocket, prescription drug co-payments and premiums. Assistance is provided to both individuals with one-time prescription needs for a specific illness as well as to those with chronic conditions that require ongoing medications such as for diabetes.

This program is known as a Medicare wraparound program which means the benefits wrap around those benefits provided by a Medicare Part D plan. When making a prescription purchase, Medicare Part D is the first payer and then this program contributes towards those costs the Part D plan does not cover.

- **GREENWICH COMMISSION ON AGING**
299 Greenwich Avenue, Greenwich, CT 06830
203 862-6710
Website: www.greenwichct.org
- **GREENWICH DEPARTMENT OF HUMAN SERVICES**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org
- **MEDICAID/TITLE 19**
866-663-9300 or 203-251-9300
- **SOUTHWESTERN CT AGENCY ON AGING, INC. – CHOICES PROGRAM**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org

MEDICAL EQUIPMENT & SUPPLIES

- **ACCESS INDEPENDENCE**
203-378-6977 Ext. 111
Website: www.accessinct.org
- **R.A. CALDWELL CO., INC.**
474 West Main St., Stamford, CT 06902
203-348-0174
Website: www.caldwellhomecare.com
- **DIAMOND POINT DIABETIC SUPPLIES, INC.**
888-349-6436
Website: www.diamondpointds.com

- **NEAT CENTER (New England Assistive Technology)**
33 Coventry St. Hartford, CT 06112
860-242-2274
Website: www.oakhillct.org/NEAT-Center

MEDICATION DISPOSAL

- **DISPOSITION OF MEDICATIONS**
Greenwich Public Safety Complex (Greenwich Police Building)
11 Bruce Place, Greenwich, CT 06830
203-622-8007

MENTAL HEALTH HOTLINES & SERVICES

- **Southwestern Connecticut 24-Hour Crisis Intervention Line: 800-586-9903**
- **DuBois Center Crisis Hotline: 203-358-8500 24x7 mobile crisis access at F.S. Dubois Center.**
- **COMMUNITY HEALTH CENTER**
141 Franklin Street, Stamford, CT 06902
203-969-0802
Website: www.chc1.com
- **GREENWICH CENTER FOR HOPE AND RENEWAL**
237 Taconic Rd., Greenwich, CT 06831
203-340-9816
Website: www.hopeandrenewal.org
- **PATHWAYS, Inc.**
175 Milbank Avenue, Greenwich, CT 06830
203-869-5656
Website: www.pathways-greenwich.org
- **Greater Bridgeport Community Health Center, Bridgeport (Inpatient, Outpatient):**
800-586-9903
- **Bridgeport Hospital REACH Program, Bridgeport (Inpatient, Outpatient):**
203-384-3377
- **Catholic Charities of Fairfield County, Bridgeport (Outpatient): 203-416-1318**
- **CT Self Help Network; The Consultation Center, Whitney Ave., New Haven:**

203-789-7645

- **Fairfield Counseling Center, Fairfield (Outpatient): 203-255-5777**
- **Family Services of Woodfield, Bridgeport (Outpatient): 203-368-4291**
- **Laurel House, Stamford: 203-324-1816**
- **St. Vincent's Behavioral Health/ Hall Brooke, Westport (Inpatient, Outpatient): 203-227-1251**
- **Jewish Family Services, Bridgeport (Outpatient): 203-366-5438**
- **National Alliance on Mental Illness (NAMI – CT), 576 Farmington Ave., Hartford, CT: 860-882-0236**
- **Optimus Behavioral Health, Bridgeport (Outpatient): 203-696-3260**
- **Trumbull Counseling Services, Trumbull (Outpatient): 203-261-5110**
- **Silver Hill Hospital, New Canaan (Inpatient): 866-542-4455**
- **Southwest Community Health Center, Bridgeport (Outpatient): 203-330-6000**

MONEY FOLLOWS THE PERSON

A Federally funded initiative dedicated to assuring Connecticut residents access to a full range of high quality, long-term care options that maximize autonomy, choice and dignity. Money Follows the Person gives individuals residing in institutions such as skilled nursing facilities and chronic disease hospitals, the option of returning to the community to live with home and community based services. No age limit, however, an individual must be institutionalized for at least three months and must be on or eligible for Medicaid.

- **CONNECTICUT DEPARTMENT OF SOCIAL SERVICES**
888-992-8637
Website: www.ct.gov/dss
- **GREENWICH DEPARTMENT OF HUMAN SERVICES**
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org
- **SOUTHWESTERN CT AGENCY ON AGING, INC.**
1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604
203-333-9288 or 800-994-9422
Website: www.swcaa.org

MORTGAGE LOAN INFORMATION

- **MORTGAGE LOAN.COM**
Website: www.mortgageloan.com

- **SECURITY ONE LENDING**
Reverse Mortgage Solutions, Inc.
800-659-7971
Website: www.security1.com

ORGANIZATIONAL ASSISTANCE

- **A TO Z NATIONAL MOVING MANAGEMENT SERVICES FOR SENIORS**
917-434-3137
Email: atozservices10021@gmail.com
- **GOCLUTTERLESS**
347-585-3422
Website: www.goclutterless.com
Email: goclutterless@gmail.com
- **DE CLUTTER BY DEIRDRE -A SENIOR MOVE MANAGEMENT COMPANY**
203-733-1073
Website: www.declutterbydeirdre.com
- **MATT BAIER ORGANIZING – TEAM CLUTTER RELIEF**
203-428-6294
Website: www.mattbaier.com
- **QUALIESSENCE**
600 Mamaroneck Ave., Suite 400, Harrison, NY 10528
844-782-5448
Website: www.qualiessence.com
Email: info@qualiessence.com
- **UNDER CONTROL**
5 Pocantico Road, Ossining, NY 10562
914-923-1057
Email: undercontrol@mindspring.com

PHARMACIES (THAT DELIVER!)

- **FINCH PHARMACY**
263 Glenville Road, Greenwich, CT 06830
203-531-8494
Website: www.finchpharmacy.com

- **GREENWICH PHARMACY**
116 Greenwich Ave, Greenwich, CT 06830
203-661-2721
Website: www.greenwichrx.com
- **GREENVIEW PHARMACY**
13 N Water Street, Greenwich, CT 06830
203-531-3323
Website: www.greenviewpharmacy.com
Email: greenviewpharmacy@gmail.com
- **GRANNICKS**
277 Greenwich Ave, Greenwich, CT 06830
203-869-3492
Website: www.grannickspharmacy.com
- **NORTH STREET PHARMACY**
1043 North Street, Greenwich, CT 06830
203-869-2130
Website: www.northstreetpharmacy.com

PROTECTIVE SERVICES FOR THE ELDERLY

Protective Services for the Elderly (PSE) is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation.

- **GREENWICH DEPARTMENT OF HUMAN SERVICES**
Town Hall, Third Floor, 101 Field Point Road, Greenwich, CT 06830
203-622-3800
Website: www.greenwichct.org
- **JEWISH SENIOR SERVICES – THE CENTER FOR ELDER ABUSE PREVENTION & EMERGENCY SHELTERING**
203-396-1097
Website: www.jseniors.org
- **CT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)**
STATE OF CONNECTICUT DEPARTMENT OF SOCIAL SERVICES
888-385-4225
Website: www.ct.gov/dss
This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. Staff may help the

person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services. The Social Work service plan may include crisis intervention, arranging for and coordinating any of the following services: adult day-care, companionship, counseling, homemaker, home health care, home-delivered meals, long-term care or, if necessary, emergency convalescent placement. In extreme cases, DSS can seek court authorization to provide services to a person who appears to “lack the capacity” to give consent to reasonable and necessary services to assure personal safety. Under certain circumstances, the Department may apply to the Probate Court for the appointment of a Conservator whose role is to make decisions on behalf of an incompetent person.

- **To report cases of suspected abuse, neglect or exploitation, call:**
In-State referral line: 888-385-4225
Bridgeport Office: 203-551-2701
Stamford Office: 203-251-9392
Out of State, call Infoline: 800-203-1234
- **After Hours Elder Abuse Emergencies call:**
In State call Infoline: 211
Out of State, call Infoline: 800-203-1234
- **State of CT, Office of Protection & Advocacy for People with Disabilities**
60 B Weston Street, Hartford, CT
860-297-4300
- **DOMESTIC VIOLENCE HOTLINES**
Statewide 24 Hour Hotline: 888-774-2900
Stamford 24 Hour Hotline: 203-588-9096
Center for Women & Families of Eastern Connecticut
Bridgeport, CT: 203-384-9559 (24 Hour Hotline)
- **GREENWICH POLICE DEPARTMENT**
11 Bruce Place, Greenwich, CT 06830
203-622-8007
Website: www.greenwichct.org
- **MENTAL HEALTH ASSOCIATION OF CONNECTICUT**
4270 Main Street, Bridgeport, CT 06606
203-365-8444, x3008

REHABILITATION SERVICES

- **AMERICAN CANCER SOCIETY – Reach to Recovery**
372 Danbury Rd., Wilton, CT 06987
800-227-2345 or 203-563-0740
Website: www.cancer.org

- **BURKE REHABILITATION CENTER**
785 Mamaroneck Avenue, White Plains, NY 10605
914-597-2500 or 888-99-BURKE
Website: www.burke.org
- **CASSENA CARE AT STAMFORD**
53 Courtland Avenue, Stamford, CT 06902
203-351-8300
Website: www.cstamnrc.com
- **THE ENCLAVE AT PORT CHESTER**
1000 High Street, Port Chester, NY 10573
914-937-1200
Website: www.theenclaverehab.com
- **GREENWICH HOSPITAL PHYSICAL MEDICINE**
5 Perryridge Road, Greenwich, CT 06830
203-863-3290
Website: www.greenwichhospital.org
- **GREENWICH WOODS REHABILITATION & HEALTH CARE CENTER**
1165 King Street, Greenwich, CT 06831
203-531-1335
Website: www.greenwichwoods.com
Email: greenwichwoods@aol.com
- **HEALTH SOS PHYSICAL & OCCUPATIONAL THERAPY**
31 River Road, Suite 100, Cos Cob, CT 06807
203-769-1781
- **HIGH QUALITY HOME THERAPY LLC**
30 Buxton Farm Road, Suite 230, Stamford, CT 06905
203-212-4191
Website: www.hqhtherapy.com
Email: info@hqhtherapy.com
- **THE KENSINGTON ASSISTED LIVING RESIDENCE**
100 Maple Avenue, White Plains, NY 10601
914-390-0080
Website: www.thekensingtonal.com
Email: concierge@kinsingtonsl.com
- **KING STREET REHAB**
787 King Street, Rye Brook, NY 10573
914-937-5800
Website: www.kingstreetrehab.com
Email: reception@kingstreetrehab.com

- **LARAINÉ CAPLAN PT**
500 West Putnam Ave, Greenwich, CT 06830
203-869-5546
- **LONG RIDGE POST-ACUTE CARE**
710 Long Ridge Road, Stamford, CT 06902
203-329-4026
Website: www.longridgepac.com
- **THE NATHANIEL WITHERELL**
70 Parsonage Road, Greenwich, CT 06830
203-618-4232
Website: www.greenwichct.org/NathanielWitherell
- **OAS ORTHOPAEDIC ASSOCIATES WESTMED MEDICAL GROUP**
1281 East Main Street, Stamford, CT 06902
203-210-2830
Website: www.westmedgroup.com
- **ONS PHYSICAL THERAPY**
10 Valley Drive, Greenwich, CT 06830
203-869-1145
Website: www.onsmd.com
- **REGALCARE AT GREENWICH**
1188 King Street, Greenwich, CT 06831
203-531-8300
Website: www.regalcaregreenwich.com
- **REHABILITATION SERVICES AT WAVENY CARE CENTER**
3 Farm Road, New Canaan CT 06840
203-594-5340
Website: www.waveny.org
- **SAR PHYSICAL THERAPY**
355 North Street, Greenwich, CT 06830
212-517-3440
- **SOUND PHYSICAL THERAPY**
280 Railroad Ave, Greenwich, CT 06830
203-276-0393
- **STAMFORD HEALTH PT**
469 West Putnam Ave, Greenwich, CT 06830
203-869-5546
Website: www.stamfordhealth.org
- **STAMFORD - REHABILITATION HOSPITAL**
30 Shelburne Rd., Stamford, CT 06902
203-353-2233

- **TULLY HEALTH CENTER**
32 Strawberry Hill, Stamford, CT 06902
203-276-2000
Website: www.stamfordhealth.org
- **WILLIAM A. OETTING PT**
5 Edgewood Ave, Greenwich, CT 06830
203-661-1430

RETIREMENT & PENSION ASSISTANCE

- **SOCIAL SECURITY ADMINISTRATION**
2 Landmark Square, Suite 105, Stamford, CT 06901
866-770-1881; 800-772-1213
Website: www.ssa.gov

SAFETY: DRIVER

- **AARP 55 ALIVE DRIVING COURSE**
Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-4277 or 888-305-9253
- **BURKE REHABILITATION CENTER-DRIVER EVALUATION PROGRAM**
785 Mamaroneck Avenue, White Plains, NY 10605
914-597-2500, 914-597-2326 or toll free 888-992-8753
Website: www.burke.org
- **MASONICARE'S CENTER FOR OPTIMAL AGING – DRIVING ASSESSMENT**
22 Masonic Avenue, Wallingford, CT 06492
203-679-5900 or 888-679-9997
- **AAA SENIOR DRIVING**
Driver Improvement Courses for Older Adults
Website: www.SeniorDriving.AAA.com

SAFETY: HOME

- **FAMILY & CHILDREN'S AGENCY PERSONAL ALERT SERVICE**
9 Mott Avenue, Norwalk, CT 06850
203-853-3116, 1-800-330-9747, Fax: 203-831-2904
Website: www.familyandchildrensagency.org
- **FILE OF LIFE**
Greenwich Emergency Medical Service (GEMS)
1111 East Putnam Avenue, Riverside, CT 06878
203-637-7505
Website: www.greenwichems.org
- **AMERICAN ASSOCIATION OF POISON CONTROL**
800-222-1222
Website: www.PoisonHelp.org
- **NONNATECH**
76 Progress Drive, Suite 235F, Stamford CT, 06902
888-446-6147
Website: www.nonnatech.com
- **SAFETYNET BY LOJACK TM**
877-434-6384
Website: www.safetynetbylojack.com
Website: www.ct.gov/brs
- **CEREBRAL PALSY OF WESTCHESTER**
DAVID G. OSTERER CENTER (CPW)
1186 King Street, Rye Brook NY 10573
914-917-3800
Website: www.cpwestchester.org
Email: info@cpwestchester.org
- **CONNECTICUT DEPARTMENT OF DEVELOPMENTAL SERVICES**
460 Capitol Ave., Hartford, CT
860-418-6000
Website: www.ct.gov/dds
Email: ddsct.co@ct.gov
- **PATHWAYS, Inc.**
175 Milbank Avenue, Greenwich, CT 06830
203-869-5656
Website: www.pways.org
Email: info@pways.org

SOCIALIZATION, RECREATION & EDUCATION

- **ADULT DAY PROGRAM AT WAVENY CARE CENTER**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org
- **AMERICAN ASSOCIATION OF RETIRED PERSONS, CT (AARP)**
21 Oak Street, Suite 104, Hartford, CT 06106
860-240-7544
- **AT HOME IN GREENWICH**
139 East Putnam Avenue, Greenwich, CT 06830
203-422-2342
Website: www.athomeingreenwich.org
Email: director@athomeingreenwich.org
- **CHARTER OAK PASS**
State of Connecticut, Dept. of Environmental Protection, State Parks Division
79 Elm Street, Hartford, CT 06106-5127
860-424-3200
- **COMMUNITY CENTERS, INC. (CCI)**
61 East Putnam Avenue, Greenwich, CT 06830
203-869-1276
Website: www.ccigreenwich.org
- **COMMUNITY HEALTH AT GREENWICH HOSPITAL**
203-863-4444
Website: www.greenwichhospital.org
- **DEPARTMENT OF PARKS AND RECREATION**
Town Hall, Second Floor, 101 Field Point Road, Greenwich, CT 06830
203-622-7814
Website: www.greenwichct.org
- **EDUCATION AND EMPLOYMENT INFORMATION CENTER**
61 Woodland Street, Hartford, CT 06105
860-947-1810
Website: www.edinfo@ctohe.org
- **FRIENDLY CONNECTIONS FAMILY CENTERS, INC.**
20 Bridge Street, Greenwich, CT 06830
203-629-2822
Website: www.familycenters.org

- **GOLDEN AGE PASSPORTS**
USDA Forest Service
 1400 Independence Ave, Washington, DC 20250-1111
800-882-1355

- **GREENWICH CONTINUING EDUCATION**
 Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT 06830
203-625-7474, 7475, 7476

- **GREENWICH LIBRARY**
 Website: www.greenwich.lib.ct.us

 Branches: Byram Shubert Library, 21 Mead Ave., Byram: 203-531-0426
 Cos Cob Library, 5 Sinawoy Rd., Cos Cob: 203-622-6883
 Greenwich Library, 101 West Putnam Avenue: 203-622-7900

- **GREENWICH SENIOR CENTER**
 299 Greenwich Avenue, Greenwich, CT 06830
203-862-6700
 Website: www.greenwichct.org/seniors

- **INSTITUTE FOR RETIRED PROFESSIONALS**
School of Continuing Education, Fairfield University
 200 Barlow Road, Fairfield, CT 06430
888-254-1566 or 203-254-4220

- **LIFETIME LEARNERS INSTITUTE**
Norwalk Community Technical College,
 188 Richard Avenue, Norwalk, CT 06854
203-857-3330

- **MEMORY CAFÉ**
 First United Methodist Church (Between High Ridge and Long Ridge Roads),
 Stamford, CT
203-322-7549

- **OLD GREENWICH RIVERSIDE COMMUNITY CENTER**
 Civic Center, Second Floor, Harding Road, Old Greenwich, CT 06870
203-637-3659

- **PERROT MEMORIAL LIBRARY**
 90 Sound Beach Avenue, Old Greenwich, CT 06870
203-637-1066
 Website: www.perrotlibrary.org

- **ROAD SCHOLAR (Formerly Elderhostel)**
 80 Boylston Street, Suite 400, Boston, MA 02116
800-443-9946 or 877-426-8056 or 617-426-7788

- **RIVER HOUSE ADULT DAY CENTER**
125 River Road Ext., Cos Cob, CT 06807
203-622-0079
Website: www.theriverhouse.org
- **STAMFORD SENIOR CENTER**
888 Washington Boulevard, Stamford, CT 06901
203-977-5151
Website: www.stamfordseniorct.org
- **UCONN/Stamford**
1 University Place, Stamford, CT 06901
203-251-8400
- **YMCA**
50 East Putnam Avenue, Greenwich, CT 06830
203-869-1630
Website: www.greenwichymca.org
- **YWCA**
259 East Putnam Avenue, Greenwich, CT 06830
203-869-6501
Website: www.ywcagreenwich.org

SPEECH & LANGUAGE PATHOLOGY

- **GREENWICH HOSPITAL SPEECH PATHOLOGY**
5 Perryridge Road, Greenwich, CT 06830
203-863-3000
Website: www.greenwichhospital.org
- **HIGH QUALITY HOME THERAPY LLC**
30 Buxton Farm Road, Suite 230, Stamford, CT 06905
203-212-4191
Website: www.hqhtherapy.com
Email: info@hqhtherapy.com
- **REGALCARE AT GREENWICH**
1188 King Street, Greenwich, CT 06831
203-531-8300
Website: www.regalcaregreenwich.com
- **SPEECH & LANGUAGE PROFESSIONALS, LLC.**
2437 Bedford St. Suite C6, Stamford CT 06905
203-613-5103

SUPPORT GROUPS

- **AMERICAN CANCER SOCIETY – Reach to Recovery**
372 Danbury Rd., Wilton, CT 06987
800-227-2345 or 203-563-0740
Website: www.cancer.org
- **APHASIA SUPPORT GROUP/GREENWICH HOSPITAL**
203-863-3240
Website: www.greenwichhospital.org
- **BEREAVEMENT SUPPORT GROUP**
Greenwich Hospital Home Hospice
203-863-3883
Website: www.greenwichhospital.org
- **BRIDGES BY EPOCH**
123 Richards Avenue, Norwalk, CT 06854
203-523-0510
Website: www.bridgesbyeepoch.com
- **CANCERCARE**
111 East Avenue/ Suite #207, Norwalk, CT 06851
203-854-9911 1-800-813 HOPE (4673)
Website: www.ctinfo@cancercare.org
- **CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER**
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org
- **CEREBAL PALSY**
800-872-5827
- **FAMILY CENTERS / CENTER FOR HOPE**
590 Post Road, Darien, CT 06820
203-655-0547
Website: www.familycenters.org
- **FAMILY CENTERS, INC.**
20 Bridge Street, Greenwich CT 06830
203-629-2822
Website: www.familycenters.org
- **GREENWICH CENTER FOR HOPE AND RENEWAL**
237 Taconic Road, Greenwich, CT 06831
203-340-9816
Website: www.hopeandrenewal.org

- **GREENWICH HOSPITAL – Caregiver Support Group**
Center for Healthy Aging
 5 Perryridge Rd., Greenwich, CT 06830
203-863-4375
Website: www.greenwichhospital.org
- **JEWISH FAMILY SERVICES OF GREENWICH**
 1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881
Website: www.jfsgreenwich.org
Email: mail@jfsgreenwich.org
- **JEWISH FAMILY SERVICE OF STAMFORD**
 733 Summer Street, Stamford, CT 06901
203-921-4161
Website: www.ctjfs.org
Email: info@ctjfs.org
- **NATIONAL MULTIPLE SCLEROSIS SOCIETY**
Greenwich Support Group
 125 Greenwich Ave., Greenwich, CT 06830
203-629-7053
- **PARKINSON'S DISEASE SUPPORT GROUP/Edgehill**
 Edgehill, Benchmark Community, 122 Palmer Hill Road, Stamford, CT 06902
203-323-2323
Website: www.edgehillcommunity.com
- **PARKINSON'S DISEASE SUPPORT GROUP/GREENWICH HOSPITAL**
203-863-3000
Website: www.greenwichhospital.org
- **PROSTATE CANCER SUPPORT GROUP/GREENWICH HOSPITAL**
203-863-3000
Website: www.greenwichhospital.org
- **SELF HELP GROUPS**
 Alcoholics Anonymous: 866-783-7712
 Cocaine Anonymous: 800-347-8998
 Narcotics Anonymous: 800-627-3543
 Gamblers Anonymous: 800-346-6238

TAX PREPARATION

- **AARP - INCOME TAX ASSISTANCE PROGRAM**
 Greenwich Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-7700
Website: www.greenwichct.org

- **IRS-INTERNAL REVENUE SERVICE**
800-829-1040
Website: www.irs.gov

TAX RELIEF & ASSISTANCE

- **SENIOR HOMEOWNERS' TAX RELIEF ACT (State Program)**
Assessor's Office
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-7885
Website: www.greenwichct.org
Website: www.opm.state.ct.us
Applicants must file between February 1st and May 15th.
- **SENIOR PROPERTY TAX RELIEF (Town Program)**
Assessor's Office
Town Hall, 101 Field Point Road, Greenwich, CT 06830
203-622-7885
Website: www.greenwichct.org
Applicants must file between February 1st and May 15th.
- **VETERAN'S TAX EXEMPTION**
Town Hall, Tax Assessor's Office, Greenwich CT 06830
203-622-7885
Website: www.greenwichct.org

TRANSPORTATION

- **AAA**
1101 High Ridge Rd. Stamford, CT 06905
203-388-2189
- **ACCESS AMBULANCE COMPANY, INC.**
1111 East Putnam Avenue, Riverside, CT 06878
203-637-2351
- **AMTRACK TRAINS**
800-USA- RAILS
Website: www.amtrak.com/home

- **CALL-A-RIDE**
37 Lafayette Place, Greenwich, CT 06830
203-661-6633
- **CONNECTICUT LIMOUSINE SERVICE**
1-800- 472-5466
- **CONNECTICUT TRANSIT BUS SERVICE**
203-327-7433
- **DEPARTMENT OF MOTOR VEHICLE (DMV)**
540 Main Street, Norwalk, CT 06851
860-263-5700
- **DEPARTMENT OF MOTOR VEHICLE (DMV)**
Stamford Photo License Center
137 Henry Street, Stamford, CT 06902
By appointment only
Website: www.ct.gov/dmv/Stamford
- **GO AIRPORT SHUTTLE CONNECTICUT**
45 Connair Rd., Orange, CT 06477
1-866-284-3247
Website: www.2theairport.com
- **GREENWICH EMERGENCY MEDICAL SERVICE (GEMS)**
Emergency - call 911
1111 East Putnam Avenue, Riverside, CT 06878
Administrative business: 203-637-7505
- **GREENWICH SENIOR CENTER- Transportation “To-From” Senior Center**
Greenwich Senior Center, 299 Greenwich Ave, Greenwich, CT 06830
203-862-6700
Website: www.greenwichct.org
- **HANDICAP PARKING PERMITS**
860-263-5154
Website: www.dmvct.org

Mail: Department of Motor Vehicles
Handicapped Permit Unit
60 State Street
Wethersfield, CT 06161
Email: dmv.hpapp@ct.gov
- A Special Permit Application and Impairment Certificate (B-225) can be certified by any one of the following:
A Physician, A Physician’s Assistant, An Advance Practice Registered Nurse (APRN)

- In the case of blindness, the following can certify:
An Optometrist, An Ophthalmologist, A member of the Connecticut Board of Services and Education for the Blind
- NOTE: In lieu of certification, DMV will accept a VA disability certificate for blindness, amputation of legs or arms, or loss of use of legs or arms, traumatic brain injury, paraplegic and hemiplegic disabilities.
- **NORWALK TRANSIT DISTRICT (PUBLIC BUS & EASY ACCESS)**
275 Wilson Avenue, Norwalk, CT 06854
203-852-0000
Website: www.norwalktransit.com
Email: info@norwalktransit.com
- **RAILROAD METRO-NORTH**
800-872-7245
Website: www.mta.info/mnr
- **SHARE-THE-FARE TAXI PROGRAM – Reduced Fare Taxi Voucher Program**
Greenwich Commission on Aging
299 Greenwich Avenue, Greenwich, CT 06830
203-862-6710
Website: www.greenwichct.org
- **TAG (TRANSPORTATION ASSOCIATION OF GREENWICH) DIAL-A-RIDE**
13 Riverside Avenue, Riverside, CT 06878
203-637-4345
Website: www.ridetag.org
Email: admin@ridetag.org

TRANSPORTATION SERVICES - MEDICAL

- **ACCESS AMBULANCE COMPANY, INC.**
1111 East Putnam Avenue, Riverside, CT 06878
203-637-2351
- **GREENWICH EMERGENCY MEDICAL SERVICE (GEMS)**
Emergency - call 911
1111 East Putnam Avenue, Riverside, CT 06878
Administrative business: 203-637-7505

VETERAN'S SERVICES

- **AMERICAN RED CROSS**
99 Indian Field Road, Greenwich, CT 06830
203-869-8444
- **AMERICAN RED CROSS- CONNECTICUT**
209 Farmington Avenue, Farmington, CT 06032
877-287-3327 203-655-2586
Website: www.redcross.org/local/ct
- **CT DEPARTMENT OF VETERANS AFFAIRS – OFFICE OF ADVOCACY & ASSISTANCE**
287 West Street, Rocky Hill, CT 06067
860-616-3683, 3684,
Website: www.ct.gov/ctva
- **THE SGT. JOHN L. LEVITOW VETERAN'S HEALTH CENTER**
287 West Street, Rocky Hill, CT 06067
860-616-3600
- **HOME AND HOSPITAL**
287 West Street, Rocky Hill, CT 06067
860-529-2571
- **LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS**

Naval Legal Service Office	Academy Legal Office
North Central Groton Dept.	U.S. Coast Guard Academy
Box 10 Naval Submarine Base	15 Mohegan Avenue
New London, CT 06333	New London, CT 06333
860-694-3741	860-701-6792
- **STAMFORD VA PRIMARY CARE CLINIC**
VA CONNECTICUT HEALTHCARE SYSTEM
1275 Summer Street, Suite #102, Stamford, CT 06905
203-325-0649
Website: www.connecticut.va.gov
- **VA Connecticut Healthcare System**
950 Campbell Avenue, West Haven, CT 06517
203-932-5711
- **VETERAN'S TAX EXEMPTION**
Veterans who file their DD-214 papers with the Town Clerk prior to October 1st of each year will receive a property tax exemption off their assessment of real estate or automobile (if disabled or over 65 years of age and meet an income requirement the exemption will be increased). **Contact the Assessor's Office for further information 203-622-7885.**

- **U.S. DEPARTMENT OF VETERANS AFFAIRS**
450 Main Street, Hartford, CT 06103
800-827-1000 (Benefits)
800-829-4833 TDD
877-222-8387 (Healthcare)
800-273-8255 (Crisis Line)
- **U.S. DEPARTMENT OF VETERANS AFFAIRS MEDICAL CENTER**
950 Campbell Avenue, West Haven, CT 06516
203-932-5711
- **VETERANS CRISIS LINE**
1-800-273-8255 AND PRESS 1
Website: www.VeteransCrisisLine.net
or text to 838255

VOLUNTEER OPPORTUNITIES

- **FAMILY CENTERS, INC.**
40 Arch Street, Greenwich, Ct 06830
203-869-4848
Website: www.familycenters.org
- **GREENWICH COMMISSION ON AGING**
299 Greenwich Avenue, Greenwich, CT 06830
203-862-6710
Website: www.greenwichct.org
- **GREENWICH UNITED WAY – READING CHAMPIONS**
500 West Putnam Avenue, Suite #415, Greenwich, CT 06830
203-869-2221
Website: www.greenwichunitedway.org
Email: info@greenwichunitedway.org
- **RETIRED SENIOR VOLUNTEER PROGRAM OF S.W. CT (RSVP)**
98 South Main Street, Norwalk, CT 06854
203-899-2442
- **SCORE (Service Corps of Retired Executives)**
111 East Avenue, Norwalk, CT 06851
203-831-0065; 203-831-0067
Website: www.score.fairfieldcounty.org

**Many not-for-profit agencies and organizations in the
Town of Greenwich offer a variety of volunteer opportunities.**

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



NO COST
REFERRAL SERVICE

Call Mimi Santry Today!
203.651.6866
WesternCT.AssistedLivingLocators.com



Helping seniors live well

www.athomeingreenwich.org
203.422.2342

**Proud to support the works of the
Greenwich Commission on Aging.**

Yale
NewHaven
Health
Greenwich
Hospital

*Thank you to our
"Town Leader"
Sponsors!*

It began with one family who recognized the Graziano name and reputation for funeral service. Since then, more and more Greenwich families have called us in their time of need. Some have come to wakes and noticed the beautifully redesigned facilities. Some have come to funerals and noticed the precision and attention to the smallest details. Some have called upon us personally and witnessed first-hand the sensitivity, compassion and professionalism that only a 4-generation family owned firm can offer. Now, many recognize the Graziano name as the most trusted for providing the finest funeral service in Greenwich.

It began with one family who recognized our difference.

Coxe & Graziano
FUNERAL HOME

Because the choices you make matter.
www.coxeandgraziano.com info@coxeandgraziano.com
134 Hamilton Avenue, Greenwich, CT 203-869-5968



**Health Information Center
at Greenwich Library**

Blood pressure screenings, health
and wellness lectures and
workshops, and much more!

greenwichlibrary.org/health
101 West Putnam Avenue, Greenwich, CT 06830

PREMIER
home health care services, inc.



Compassionate In-Home Caregivers

Hourly and Live-in Caregivers
Certified Nurses Aides
Home Health Aides
Homemaker/Companion
Sitter Services

Specialized Dementia Care
Member Dementia Care Alliance
Individualized Care Plans
RN Supervision
Agency on Aging Provider

Free Initial Nursing Assessments:

203.323.3000

All services available 24/7

www.premierhomehealthcare.com



**River House improves the quality of life
for aging adults and their caregivers.**



Call (203) 622 0079 for more information
or visit www.theRiverHouse.org

Greenwich Transportation Guide

2018	Type of Service	Hours	Phone	Reservations	Service Area	Clients	Fees
Call-A-Ride	Door to Door	Mon-Fri 9am – 3pm	203-661-6633	By appointment	Greenwich	60+ ambulatory, in Greenwich	None
Access	Door to Door	24 hours, 7 days a week	203-637-2351	By appointment or immediate request	Greenwich Stamford & beyond by request	Non-emergency medical transportation	Call for fees for Ambulance and Wheelchair
TAG	Dial-A-Ride	Mon-Sat. 10:00am-5:00pm	203-637-4345	By appointment	Greenwich Stamford Norwalk	If disabled: ambulatory or wheelchair	Call for fees
Senior Center Shuttle (TAG)	Door to Door	Mon-Fri 8:30-10 And 2-3:30	203-862-6700	Call to schedule daily runs to Senior Center	To and from Greenwich Senior Center only	Senior Center Members	None
Norwalk Transit	Door to Door	Mon-Sat 8:00am – 5:00pm	Admin. Office 203-852-0000 Ticket sales 203-299-5161	By appointment and scheduled runs	Greenwich-Norwalk, 3/4 mile corridor off public bus route	Ambulatory or wheelchair; must be certified	Call for fees
CT Transit	Fixed Route	Mon-Fri 5:30am- 10:30pm Sat 6:00am-9pm Sun 7:30am-9pm	203-327-7433	Scheduled runs	Stamford-Pt. Chester, Putnam, Sound Beach & Greenwich Avenue	Ambulatory; vehicles can accommodate 3 wheelchairs, no assistance	Call for fees
Greenwich Taxi Share-the-Fare	Curb to Curb	Mon-Fri 5am-1:30am Sat-Sun 5am-2:30am	203-869-6000	By appointment	Greenwich	Ambulatory	Call Commission on Aging 203-862-6710 to purchase Taxi Vouchers